WHO WANTS PIE?
TAKE A LOOK AT THIS RECIPE, AND YOU PROBABLY WILL {page 19}

EX-TINA
RUMOURS SWIRL AROUND DIVORCE DISH {pages 12 & 13}

Vancouver's #1 GOLD BUYER
Record GOLD Buying Prices!

Drop in: M to F 9-6 | Sat 10-4
254 West Broadway
604-764-5134
www.vancouvergold.ca

VANCOUVER metro®
Monday, October 18, 2010
www.metronews.ca
Share this copy with a friend

ANGELA WEISS/GETTY IMAGES

▶ Justin Bieber is the talk of Vancouver ahead of his concert tomorrow night after being linked to a reported assault on a teen at a local laser tag centre.

Bieber assault reports turn viral

Story spread like wildfire on the Internet and was a hot topic on Twitter It's being reported by celebrity news outlets around the world, including in Brazil, Portugal and Italy

Justin Bieber's name is at the centre of an alleged assault incident involving a 12-year-old boy at a Richmond laser tag centre.

The Canadian teen heartthrob and singer is in town for a concert at Rogers Arena tomorrow.

According to the RCMP, the father of the purported victim called police to say his son was hit while playing laser tag on Friday evening.

"The boy sustained minimal injuries and did not require medical attention at the time of the incident," said Cpl. Annie Linteau, who would not confirm whether 16-year-old Bieber was involved.

"We are aware of speculations concerning the identity of one of the parties allegedly involved. We do not release the names of any suspect until charges have been laid. In cases where the accused is under the age of 18, the identity of the accused is not released."

Linteau said police are still investigating and interviewing witnesses.

METRO VANCOUVER

Homophobic slur?

- According to celebrity news website TMZ, Bieber was being harassed by the 12-year-old who allegedly used a homophobic slur when speaking to the singer.
- The boy's father was heard telling staff he was a lawyer, according to TMZ.

Sex worker abducted

Woman recovering after being found with stab wounds {page 3}

Canucks blow away Canes

Three points each for Raymond, Samuelsson in win {page 25}

LASER VISION CORRECTION
Starting at $490 TAX
Financing Available

"For years I skated with the hassles and frustrations of glasses and contacts. In 2005, I had LASIK and the results were fantastic. Thank you LASIK MD for helping me compete at my very best!"
Joannie Rochette
2010 Olympic Bronze Medalist
4-Time Canadian Champion
2005 LASIK MD Patient
LASIK MD VISION
FREE Consultation: 604-639-8088
www.lasikmd.com
VANCOUVER: 1281 West Georgia Street

DO YOU HAVE CHRONIC PAIN?

CDPC™
CANADIAN DECOMPRESSION & PAIN CENTERS

Over 150,000 Treatments Given Across Canada

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called **Neuro-Decompression**. In 2006, the technology used at CDPC won the Australian Design Award in the "Medical and Scientific" category. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually **long lasting**. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly). **Neuro-Decompression** is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people I have ever met in a clinical environment!

- Denise B., Calgary

To anyone out there... if you are in need of back surgery... do yourself a favour and check out decompression! I can't stress it enough... IT WORKS! They are great, wonderful people who care about your well-being.

- Andrea S., Victoria

You may qualify for a research study:

- 18 to 65 years old
- experience chronic neck and low back pain
- have tried at least 2 medications prescribed by your doctor to prevent pain

Certain patients will be seen by doctor and receive study care with costs partially or fully subsidized.

I always had back problems for 10 years and everyday got worse. But in Sept. 2009 I saw CDPC and started treatment. I felt better after the first treatments, and now after five treatments, I feel a good improvement. It is less painfull, I sleep better at night, and most improvement is that I can walk with no pain.

- Johanne T., Vancouver

I have had 6 sessions with CDPC. The pain (which I have endured for the previous 15 years) has almost completely dissipated. As well, my posture has noticeably straightened. I anticipate a complete and lasting pain-free existence once the balance of treatments has been completed.

- Michael P., Vancouver

I have had a lot of problems with my lower back and with my sciatic nerve... I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone have lower back problems.

- Kenneth R., Edmonton

I will be forever grateful…the pain was excruciating and debilitating…I used to tell my friends and family that if I could cut off my leg I would…And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks…I am actually looking forward to being able to dance again.

- Rhona K., Calgary

CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck Pain
- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis

CDPC™
CANADIAN DECOMPRESSION & PAIN CENTERS

FREE CONSULTATIONS

South Surrey - 1663 128th St. - **604.541.8480**
Burnaby - #306, 9600 Cameron St. - **604.421.2372**

Call Today or Book Online!
For more information please visit: www.cdpc.info

Sex worker stabbed during abduction

Reports that a suspect was arrested while washing blood from his vehicle were not confirmed

JEFF HODSON
@METRONEWS.CA

A 27-year-old female sex worker was taken to Royal Columbian hospital suffering from stab wounds yesterday after she escaped from a man who allegedly abducted her at knifepoint at a Kingsway hotel.

Her alleged kidnapper, a 47-year-old man, was later arrested by Surrey RCMP.

The incident began around 9:30 a.m. when police were called to the Cassandra Hotel at 3075 Kingsway after receiving complaints about a screaming woman being forced into a vehicle.

Police said the suspect and victim knew each other.

Vancouver Insp. Eric Grummisch said witnesses were "shaken up" but maintained the wherewithal to note the vehicle's description and licence plate number.

Shortly thereafter, the woman was found at a New Westminster mall suffering from stab wounds.

Grummisch said she had escaped from the vehicle, but didn't have any details about her escape.

RCMP arrested the alleged abductor in Surrey after Vancouver police posted an alert about the suspect's vehicle. Unconfirmed reports stated the suspect was washing blood from his car when he was arrested.

"It is our understanding that they were known to one another, with the exact relationship between them still unconfirmed."
INSP. ERIC GRUMMISCH

JEFF HODSON/METRO VANCOUVER

▶ Insp. Eric Grummisch outside police headquarters yesterday.

Security $35M under budget

They were ready for bombs, but fights were the only thing the RCMP appeared to have to defuse during the 2010 Olympic Games.

They responded to protests, suspicious packages, thefts, car accidents and even reports of police officers losing their ammunition and ID. They also refereed a fight between a two officials over access to a restricted area in the figure skating venue.

"None of the events were significant," said RCMP Assistant Commissioner Bud Mercer.

As a result, the Mounties will announce Wednesday that they only spent about $523 million of their $558 million budget.

THE CANADIAN PRESS

876 The number of incidents in the RCMP's emergency management database during the Games.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Police in downtown Vancouver on Feb. 13.

News in brief

Meeting marks murders

SURREY. Steve Brown, brother-in-law of murdered fireplace repairman Ed Schellenberg, is hosting a town-hall meeting in Abbotsford tomorrow on the three-year anniversary of the Surrey Six murders in Surrey.

Speakers at the event include Abbotsford Mayor George Peary, Chief Const. Bob Rich and retired judge Wallace Craig.

JEFF HODSON

We Day draws thousands

YOUTH. About 18,000 youth packed Rogers Arena to hear former U.S. vice-president Al Gore, Rev. Jesse Jackson Sr. and others speak during Free The Children's We Day — the largest youth-empowerment event of its kind.

METRO VANCOUVER

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Delays in issuing work permits to refugees leave Canadian taxpayers on the hook. More at metronews.ca/immigration

Follow us on Twitter @vancouvermetro

abc telecommunications
High Speed Internet Monthly Statement
60GB Up/Download Usage Price ($20 Three-Month Promotional Price Expired) $37.00
Options: 15.45GB Up/Download Overage @$5/GB +$77.25
Total (before tax) $114.25
What the x@#...!!
Introducing in2net ADSLOne - Unlimited Experience®
No Hassle Unlimited Uploads/Downloads
Businesses pay the same residential rate
Free ADSL modem rental with free failure replacement
3.0/6.0 Mbps Downstream & 1.0 Mbps Upstream*
BONUS: FREE Static IP Addresses for limited time new signup promotion (valued at $5.95/month)
FROM $39.95 PER MONTH**
At In2net, you get one bill, one rate, and definitely no billing surprises.
For more information call 604-608-6868 or visit www.in2net.com
* Actual speed may vary based on service location and distance from central office (CO) **2 years contract
in2net network inc.
Trusted Service Provider Since 1996

ET Canada hits road with week in Vancouver

Cheryl Hickey and Rick Campanelli will be covering breaking celebrity news from the West Coast

KRISTEN THOMPSON
@METRONEWS.CA

Cheryl Hickey has come to Vancouver to overcome her fear of sushi.

Hickey and fellow ET Canada co-host Rick Campanelli are in town all week filming the popular celebrity news show, which will include an on-air lesson in the art of sushi rolling.

"I want to overcome my fear of raw fish," she said, adding her reluctance to try sushi is tempered by her eagerness to visit Granville Island.

"I haven't been here since 2006," Hickey said. "My husband grew up here for a little bit so this is a family trip ... There's a different energy here and I can appreciate that, being from a small town."

Hickey said she and Campanelli have a busy week that kicks off today with an interview with Michael Bublé and Vancouver-born designer to the stars Dalia MacPhee.

Tomorrow Campanelli and Hickey will take a tour of Twilight's hot spots.

They will also drop by the set of Jason Priestley's new movie Goodnight For Justice, and Olympian Ashleigh McIvor will take Campanelli mountain biking.

MALCOLM TAYLOR/GETTY IMAGES

▶ Cheryl Hickey

Cameras rolled out on trolleys, buses

TransLink is equipping all of its new buses with video cameras to improve driver and customer safety.

Data from the trolleys that were equipped with cameras last year showed that assaults on drivers dropped by half, to 20 from 40, year-over-year. Assaults on non-camera equipped buses were relatively unchanged, dropping to 76 from 82 in 2009.

TransLink says the cameras deter violence and can be used as investigative tools and to help determine claims in collisions and on-board incidents. JEFF HODSON

600

TransLink will install cameras on 600 trolleys, diesel and hybrid buses purchased since 2006.

STEPHANIE ORFORD/FOR METRO VANCOUVER

▶ Visitors tour Preform's $249,900 model modular home at the Interior Design Show West this weekend.

IDSwest goes green and local

Today's dream home is modular, eco-friendly, and locally made, as visitors to this year's Interior Design Show West (IDSwest) learned this past weekend.

Preform Construction collaborated with 16 other B.C. designers on a demonstration modular home for the show, including green roofs by Mubi, an eye-popping Osha coffee table made from locally salvaged cedar and eco-friendly resin, and recycled paper lamps by local design firm Molo.

Preform's modern, modular homes are custom-built entirely in their new Surrey factory.

"It's slightly cheaper and very much quicker to have a house designed like this," said Tony Robins, Preform creator and architect. Finished homes are delivered to customers complete with electricity, plumbing, appliances and even paint.

STEPHANIE ORFORD

Start saving at a tax-free rate.

A BMO Tax-Free Savings Account is the perfect way to save.

Interest earned on cash savings in a BMO® TFSA* is completely tax-free, meaning you can reach your short-term and long-term goals sooner. Invest as much as $5,000 a year and have access to the cash savings in your BMO TFSA at any time with no fees. Invest in a BMO TFSA today. It's one way to keep more of your money.

For more ways to make sense of saving and investing follow BMO SmartSteps® for Investing. Just visit a branch and talk to a BMO investment professional today. For more info, call **1-877-CALL BMO** or visit **bmo.com/smartinvesting**

1.75%
TFSA interest rate on cash savings

BMO Bank of Montreal
Making money make sense®

*The interest is earned on cash savings which are held in the Savings Account option of the BMO TFSA. Interest is calculated on the daily closing balance and paid monthly on the last business day of the month. This offer may be changed or withdrawn at any time without notice. Additional terms and conditions apply. ®Registered trade-marks of Bank of Montreal.

SARAH N. FITZGERALD/FOR METRO VANCOUVER

▶ Dozens of environmentalists prepare on Second Beach to join the protest flotilla.

Group gathers to protest tankers

Ships carrying oil pass through Burrard Inlet about twice a week ◐ Protesters say spill just a matter of time

More than a hundred activists gathered on Second Beach yesterday to demand the federal and provincial governments ban oil tanker traffic along the West Coast.

Since 2007, there have been biweekly shipments of tanker crude oil passing through Burrard Inlet, with each carrying anywhere between 500,000 to 700,000 barrels of oil.

"It's not a matter if there will be a spill," said Stephanie Goodwin of Greenpeace.

"(It's) when there will be a spill."

An oil spill along Vancouver's coast would not only wreak havoc on the local marine ecology, but also on the economy, said Rex Weyler, founder of No Tanks!

The day's protest culminated in a flotilla of about two-dozen boats carrying demonstrators who paddled, motored, and sailed their way to Siwash Point, just below Lions Gate Bridge.

SARAH N. FITZGERALD

News in brief

Slaying under investigation

BURNABY. RCMP are investigating the killing of man shot to death at Metrotown Saturday.

Tour bus rolls on its side

ABBOTSFORD. Twenty-one people onboard a tour bus were injured when the bus collided with an SUV and rolled on its side. KRISTEN THOMPSON

The Bloodmobile in your neighbourhood:

PARTY BAZAAR

OCT. 22 • 215 West 2nd Avenue, Vancouver 10:00 - 16:15

1 888 2 DONATE (1-888-236-6283)

Canadian Blood Services
it's in you to give

metro

FIDO GOES ANDROID™

Exclusive Dealer fido

LIMITED TIME OFFER

$0* NEW!

ACER LIQUID E

*with 3 year Fido Agreement and Data Add-on

Exclusive Offer from Pepper Wireless!
Visit a location near you today!

Vancouver Locations
1st Ave Market
3189 Main Street
Broadway and Cambie

Shopping Mall Locations
Aberdeen Centre, Rmd
Lansdowne Centre, Rmd
Yaohan Centre, Rmd

Shopping Mall Locations
Central City Centre, Surrey
Royal City Centre, New West
Crystal Mall, Burnaby

Offers subject to change without notice. Early cancellation fees apply. ^Offer available until Oct 25, 2010. *Offer valid with 3-year Fido Agreement and Data Add-on, at Pepper Wireless locations only. ™Fido & design and Giving low prices a good home are trademarks of Fido Solutions Inc., used under license. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions Inc.

Home Phone Lines

ALL FEATURES FREE!

comwave Enhanced $14.95/month
12 FREE FEATURES INCLUDING
Caller ID, Call Forwarding, Voice Mail, Call Waiting ...and much more

comwave Unlimited Canada $19.95/month
UNLIMITED Calling to Canada
PLUS
• 12 Free Features Including: Caller ID, Call Forwarding, Voice Mail, Call Waiting ...and much more

comwave One-Rate $29.95/month
UNLIMITED Calling to Canada and U.S.A.
PLUS
• 12 Free Features Including: Caller ID, Call Forwarding, Voice Mail, Call Waiting ...and much more

ADD UNLIMITED INDIA $19.95/month TO ANY COMWAVE HOME PHONE PLAN

All Features FREE

VoiceMail
Caller ID
Call Waiting
Call Forwarding
... and much more

Time Is Running Out! Don't Delay
Call Today and Get

6 MONTHS FREE!

Satisfaction Guaranteed! Keep Your Existing Phone Number!

1-866-543-5122

comwave www.comwave.ca

Soar high

Today's photo of the day is by Kim Culbert and was submitted in the Favourite Spot category. Enter your photos today and view more pictures at metrophotochallenge.ca.

PHOTO CHALLENGE

Williams set to plead guilty in court today

- Details of his double life expected to be heard
- Former commander faces automatic life sentence

STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

▶ Russell Williams

Lurid details of the self-professed double life of Col. Russell Williams are expected to be brought before the public starting today, when the former rising star in the Canadian military is scheduled to plead guilty to murdering two women, sexual assaults and a slew of other criminal charges.

Williams, 47, was the commander of the country's largest military airfield, CFB Trenton, until he was arrested in February and charged in the deaths of Jessica Lloyd, 27, and Cpl. Marie-France Comeau, 38.

The stark contrast between the two images — that of a seemingly "well-adjusted," successful military man and an alleged depraved sexual predator — has drawn intense public attention to the case.

Earlier this month a lawyer for Williams told the court his client would plead guilty to all charges.

He faces an automatic sentence of life in prison with no possibility of parole for at least 25 years.

Today's guilty plea will be followed by a sentencing hearing at which victim impact statements will be presented to the court. The hearing is expected to last several days.

THE CANADIAN PRESS

WHY DOESN'T WASTING POWER SEEM AS RIDICULOUS?

At the end of the day turn off your monitor, your printer and your photocopier. If we can avoid wasting power we can help ensure that we'll have enough reliable energy for generations to come. For more ways you can be smart with your power at work, and for a chance to win prizes go to **powersmart.ca/game**

BC hydro
powersmart

BRITISH COLUMBIA
The Best Place on Earth

Chile's miners face unemployment

Chile's 33 rescued miners got heroes' welcomes, still wearing the sunglasses that make them look like rock stars, as they pushed through media eager to broadcast details of their harrowing experience trapped underground.

Most of the miners headed home over the weekend from the hospital where they were taken after being pulled through a narrow, 622-metre deep shaft to the surface Wednesday in a stunning rescue broadcast live around the world.

They are getting substantial offers of money for their story, but made a pact to say little about their 69-day ordeal while negotiating movie and book rights.

But for now, many face an uncomfortable present: Most live in improvised homes in marginal neighbourhoods. All face a search for work since the mine that employed them has filed for bankruptcy.

THE ASSOCIATED PRESS

THIS SPACE IS NOT BIG ENOUGH FOR THE NEW DOUBLE DOWN.

KFC

SEE PAGE 14 FOR THE BIG STORY

With your help and support, we raised over $200,000 at the 12th annual charity Dunk Tank Event hosted by TD for these children's charities:

Canuck Place Children's Hospice *embracing life*

Ronald McDonald House British Columbia

United Way

Ride for Diabetes Research JDRF Juvenile Diabetes Research Foundation

Cops for Kids

power to be adventure therapy

The event would not have been a success without the support and enthusiasm from the following organizations:

Dunkee Firms:

AQUILINI INVESTMENT GROUP

Bratsch Consultants

Bull, Housser & Tupper LLP

DIAMOND

FARRIS

gowlings

Grant Thornton

INTRIA

KPMG

Pushor Mitchell LLP

Royal Canadian Mounted Police

Sun FM

Dunkee Sponsors:

Best Western Inn · Easy Park Vancouver · Four Seasons Hotel Vancouver · Hyatt Regency Vancouver Quilchena, Golf and Country Club · The Magnolia Hotel · Ronsons · Seymour · Sysco · Ticketmaster

TD

U.S. officials eye plan to boost online safety

Obama administration reviewing an Australian program to increase cyber security ◆ Move to monitor Internet could invite fierce public opposition

The U.S. government is reviewing an Australian program that will allow Internet service providers to alert customers if their computers are taken over by hackers and could limit online access if people don't fix the problem.

Obama administration officials have been meeting with industry leaders and experts to find ways to increase online safety, as they try to strike a balance between securing the Internet and guarding Americans' privacy and civil liberties. The discussions come as private, corporate and government computers across the U.S. are increasingly being taken over and exploited by hackers and other computer criminals.

White House cyber co-ordinator Howard Schmidt told The Associated Press the U.S. is looking at a number of voluntary ways to help the public and small businesses better protect themselves online.

Possibilities include provisions in the Australia plan that enable customers to get warnings from their Internet providers if their computer gets taken over by hackers through a botnet.

A botnet is a network of infected computers that can number in the thousands, and that network is usually controlled by hackers through a small number of PCs. THE ASSOCIATED PRESS

Cyber security

In Australia, Internet providers will be able to take a range of actions to limit the damage from infected computers, from issuing warnings to restricting email.

▶ Providers could also temporarily quarantine compromised machines while providing customers with links to help fix the problem.

Doll. Sales

REED SAXON/THE ASSOCIATED PRESS

Barbie's still got it

Strong sales gains for dolls including Barbie and Disney Princesses and a tax benefit helped Mattel's third-quarter net income increase 23 per cent.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 10.62 (12,609.07	– 0.56¢ US ($98.83)	– $1.44 US ($81.25)	$3.535 US (– 12.2¢)
			Gold contracts $1,372 US (– $5.60)

fido

SMART PHONE SMART PRICE

NEW! ANDROID™ SMARTPHONE

- Google Apps built-in
- Touchscreen
- 5 mpx camera with video recorder
- Built-in Wi-Fi and GPS

Acer Liquid E

$30

with 3-year Fido Agreement and Data Add-on

Plus get FidoDollars™ each time you use your phone

Learn more on **fido.ca/android**, in store or **1-866-301-3436**

Offers subject to change without notice. Phone price shown valid with new activation on a Fido Agreement, early cancellation fees apply. Taxes extra. Accumulate FidoDollars based on eligible fees and charges incurred and paid for use of Fido service, before applicable taxes and after all credits are deducted; visit **fido.ca/fidorewards**. ™Trademarks of Fido Solutions. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions.

FIDO STORES

ABBOTSFORD
32330 South Fraser Way, Unit 4
Meadow Fair Plaza
Seven Oaks Shopping Centre

BURNABY
Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
Metrotown Centre

DELTA
Scottsdale Mall

KELOWNA
Orchard Mall

LANGLEY
Willowbrook Shopping Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
Royal City Centre

PORT COQUITLAM
101A – 2748 Lougheed Highway
Coquitlam Centre

RICHMOND
4020 No 5 Road
Aberdeen Centre
Lansdowne Centre
Richmond Centre
Yaohan Centre

SURREY
12845 – 96th Avenue
7500 Scott Road, Unit 104
9182 – 120th Street
1 - 8388 – 128th Street
Central City Shopping Centre
Guildford Town Centre
Panorama Village Mall

VANCOUVER
2430 Commercial Drive
120, 1160 Davie Street
370 East Broadway
6338 Fraser Street
8269 Granville Street
7058 Kerr Street
3189 Main Street
481 Robson Street
665 Robson Street
1191 Robson Street
6596 Victoria Drive
519 West Broadway
2959 West Broadway
Arbutus Village
City Square Mall
First Avenue Market, Unit 102
Oakridge Centre
Pacific Centre

NORTH VANCOUVER
Capilano Mall

WEST VANCOUVER
Park Royal Shopping Centre

FUTURE SHOP
BEST BUY
WIRELESSWAVE
booth the telephone booth
WIRELESS etc...
LONDON DRUGS
COSTCO WHOLESALE

CAMPBELL LEAST POPULAR POLITICIAN?

Urban Compass

PAUL SULLIVAN

How do you feel? You're the premier of the province. You wake up and the first thing you see is a headline that says, in 160-point type, you have the support of nine per cent of the people. It's enough to make you choke on your muesli.

Nine per cent! Kim Jong-Il, the nasty little piece of business who runs North Korea, probably does better than nine per cent, although in North Korea it's a good idea, in public at least, to throw 100 per cent behind the "perfect leader" if you know what's good for you.

Here in B.C., you're free to annoy all of the people all of the time, and Premier Gordon Campbell, he of the nine per cent approval rating in the latest Angus Reid poll, is in danger of ending his career as the least popular politician in the history of B.C. politics. And that's saying something when you consider his predecessors.

"At nine per cent, Campbell may even be the least popular politician in the history of the world."

At nine per cent, Campbell may even be the least popular politician in the history of the world, at least among those who managed to get elected. At that level, you can lay odds, oh 9 to 1, that he'll never get elected again.

The source of Campbell's unpopularity is most often identified as the HST. Turns out it's not a good idea to tell voters before an election that you have no plans to bring in the HST and then slap it on anyway a month after you get elected. Who knew?

Actually, I admit I'm a little surprised at the anger focused on Campbell. His behaviour is no more snake-like and duplicitous than all other politicians around most things, but especially sales tax, which somehow brings out the worst in them. Doesn't anyone remember Jean Chrétien, who promised to repeal the GST before he got elected, then broke his promise as soon as he wrested Parliament away from Brian Mulroney, the guy who started it all?

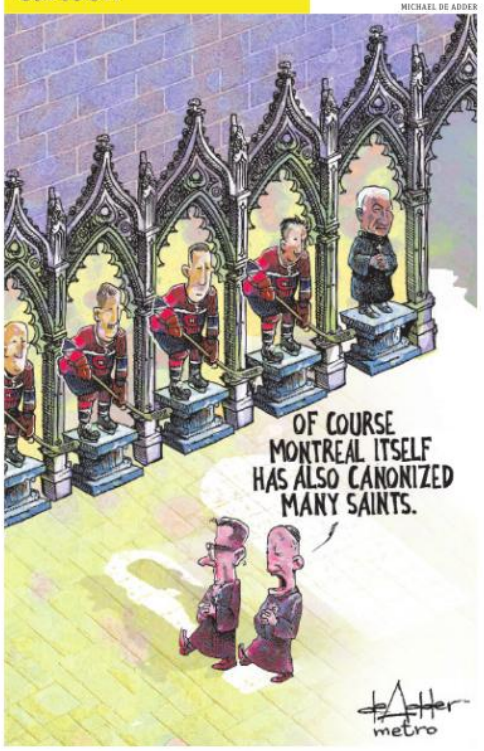
But Chrétien got away with it, and was elected again. Twice! So Campbell is probably wondering why Chrétien got away with it and he didn't. And where's the Olympic afterglow? Why doesn't everyone get out their red mittens and applaud?

With Campbell, there's something more going on. Unlike Chrétien, who liked to pose as the little guy from Shawinigan, Campbell looks, sounds and acts like The Man. And no one likes The Man. Fear, maybe. Like? Never. And when The Man turns out to be a dirty rotten scoundrel as well as an insufferable egomaniac, it's game over. I'll be surprised if he makes it to the party's convention and leadership review in November, never mind until the next election on May 14, 2013.

If not, how low can he go? Zero anyone?

Cartoon

MICHAEL DE ADDER



Case that killed a career

Worth Mentioning

Washington intern Chandra Levy

CONTRIBUTED/THE ASSOCIATED PRESS

WASHINGTON. More than nine years after the disappearance of Washington intern Chandra Levy generated headlines around the world, an illegal immigrant from El Salvador accused of killing her is scheduled to stand trial.

Ingmar Guandique goes on trial today for Levy's 2001 killing. However, he's not even a blip on the national consciousness of the case, which dominated news coverage until the Sept. 11, 2001, terror attacks rendered it an afterthought.

The intern's mysterious slaying led to the downfall of former California congressman Gary Condit, whose political career imploded after he was romantically linked to Levy and for a time became the No. 1 suspect.

While police no longer believe Condit had anything to do with Levy's death, Condit's spokesman, Bert Fields, said Condit expects to be called as a witness at Guandique's trial, though he has not been subpoenaed. Condit is writing a book about his experience.

Guandique, charged in 2009, escaped scrutiny in large part because of the frenzy around Condit. The former congressman never admitted an affair but said he was friends with Levy, though the intern had told family members the two had a romantic relationship.

THE ASSOCIATED PRESS

Will e-readers kill the paperback?

Email
vancouverletters@metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002
metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Fernando Carneiro, **Distribution Manager** George Acimovic Metro Vancouver

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute at the Haunted House

Take a bone-chilling walk through some of the darker moments in human history at one of Vancouver's best Halloween events, the Dunbar Haunted House.

They say this year's event, themed The Terror of History, is possibly their scariest yet.

Find it at 6478 Dunbar St., open 1-9 p.m. weeknights and until midnight on Fridays and Saturdays. After 6:30 p.m., the live ghouls come out, so arrive earlier in the day for a child-friendly visit, or later in the evening if you dare.

Entrance is free, and the House collects donations to charities including the B.C. Professional Fire Fighters' Burn Fund. Info at dunbarhauntedhouse.com.

STEPHANIE ORFORD

DUNBAR HAUNTED HOUSE

▶ The haunted house is family friendly until the live "ghouls" come out at 6:30 p.m.

Spreading misery to comedy masses

Canadian comedian Jeremy Hotz finding success with his sad sack stand up Writing a new film and developing TV comedy series

Canadian comedian Jeremy Hotz doesn't feel so alone in his misery anymore.

The standup veteran, who's famed for an anguished act in which he complains about life while holding his right hand over half of his face to appear distressed, says gloom is very "in vogue" these days.

"Look around, man. Everybody's miserable," the Ottawa native said in a recent interview to promote the upcoming 10th annual Just for Laughs Canadian tour, in which he's featured as a special guest.

"Ever take the subway in Toronto? Ever have anyone ever make eye contact with you? No! Everyone's miserable: 'Look at the floor, get through your day.'"

The so-called "master of misery" started performing in comedy clubs across the country nearly 20 years ago.

His confused, downer persona just came naturally, he says.

"One day I started putting my hand in front of my face and turning my back to the audience and speaking about really miserable things — three things you should never do if you're trying to get laughs and yet when you combine all of them, somehow it works," said Hotz.

"Misery loves company, I guess. Who said that, anyway? Probably the most miserable guy in the world."

"Ever take the subway in Toronto? Ever have anyone ever make eye contact with you? No! Everyone's miserable: 'Look at the floor, get through your day.'"
JEREMY HOTZ

He has no plans in the near future to leave standup comedy but Hotz is now writing a dark comedy film in which he would star.

His co-writer is K.P. Anderson, creator of the TV series The Soup.

He's also developing a half-hour comedy series based on his life with Dakota Pictures, the production company behind comedy shows including Flight of the Conchords and Bored to Death.

TV is in desperate need of comedy to balance out the glut of cop shows, says Hotz.

"There's CSI and then just every city in America, you know ... CSI: Cheektowaga — everybody dies in a big vat of buffalo wings," he joked.

"Come on! Come up with a different idea. What's the matter with people? Hey, Hawaii 5-0 is back on — finally. I've been waiting since the '70s for that remake. My God!"
THE CANADIAN PRESS

THE CANADIAN PRESS

▶ The Just for Laughs Canadian tour, which stars Jeremy Hotz, kicks off tomorrow in Saint John, N.B.

2 scene

Jackass

Johnny Knoxville and his Jackass gang are even bigger hits in three dimensions. Jackass 3-D, their latest big-screen collection of crazy stunts and antics, opened with a whopping $50 million US, soaring past the debuts of their first two movies. It's the third-straight No. 1 opening for the franchise.
THE ASSOCIATED PRESS

Corey Feldman reprises role in 'Lost Boys: The Thirst,' remembers late co-star Corey Haim

RACHEL ZOE PROJECT
SEASON 3

In season 3, A-list stylist Rachel Zoe and her inner-circle juggle celebrity clients, fashion shows and looming deadlines while looking absolutely fab.

MONDAYS AT 8PM EST

Kate Moss

Kate Moss married in a secret ceremony?

Sources claim Kate Moss quietly wed boyfriend Jamie Hince in a secret ceremony in Sicily back in August, according to the Daily Mirror.

"It was quiet, but still very romantic," a source says.

"The plans were kept very quiet as Kate wanted the day to be low-key and purely a celebration of their love. Kate didn't want a stuffy, formal do, but something spiritual."

METRO

Neil Patrick Harris

Doogie has twins

Neil Patrick Harris and partner David Burtka welcomed the birth of twins Gideon Scott and Harper Grace late last week, the How I Met Your Mother Star announced on Twitter. METRO

Aguilera and make divorce

Reports of Christina's female affairs begin to surface

Christina Aguilera and Jordan Bratman have officially filed for divorce, citing "irreconcilable differences," but at least one woman claims the couple had an open marriage, according to Radar Online.

"I was at The Abbey one night when Christina's bodyguard approached me," the woman, who wishes to remain anonymous, tells the website.

"The bodyguard told me it was an understanding within their marriage and that she brings girls home and Jordan's OK with it. I met Christina in the bathroom and she told me she liked to play with girls."

While the woman chose not to entertain the offer, she says she was not the only woman Aguilera expressed interest in.

"It's funny because I had a couple girlfriends tell me that they were approached by Christina, too," she says.

METRO

Madonna spotted out with a potential new boyfriend

Madonna appears to have a new man in her life, as the singer was spotted getting friendly with 34-year-old choreographer Brahim Rachiki while out at a New York City nightclub recently, according to Page Six.

"They came in together and were holding hands in a private area," a source says.

"Madonna got up and was dancing for an hour straight before going back to her man. They immediately started making out in front of other guests."

"They came in together and were holding hands in a private area"
SOURCE

The pair then reportedly moved on to another club where they continued with their public displays of affection.

Madonna split from her last boy toy Jesus Luz just recently. The Material Girl had been linked to him since 2008, but the superstar is alleged to have ended her romance enjoying a night out with Rachiki.

METRO

MONDAY'S DRESSED TO KILL.

COSMOPOLITANTV

ARE YOU READY TO DOUBLE DOWN?

Bratman official

Claims couple had open marriage

GETTY IMAGES FILE

Talking points

Brand won't work with Katy Perry

HONEY I LOVE YOU BUT WE ALREADY SPEND ENOUGH TIME TOGETHER... While Russell Brand plans on spending the rest of his life with Katy Perry, don't expect them to work together anytime soon.

"She's very good at what she does, and I feel it's very distinct from what I do," he tells People magazine. "It takes up enough of my time to be in love with her." Still, there's always room for collaboration, he admits: "We'll do a sex tape! Give them what they want," Brand jokes.

METRO

Dina Lohan tries to cash in on LiLo's rehab

WELL, LINDSAY CAN'T EARN FOR HER WHILE IN REHAB, SO SHE NEEDS TO GET THE MONEY FROM SOMEWHERE Before heading off to the Betty Ford Center to visit Lindsay Lohan this weekend, Dina Lohan was reportedly shopping around an exclusive interview "in the high five figures," sources tell TMZ.

Dina was reportedly looking to have cameras cover as much of her visit as the rehab center would allow, including a candid chat after she meets with her troubled daughter.

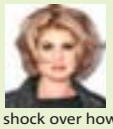
"There is absolutely no truth to this," a source close to Dina tells the website.

METRO

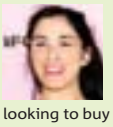
Celebrity tweets

Neil Patrick Harris [@Actually-NPH] Youngsters. They cry a lot. I thought it was just a long bit that they were doing. I keep saying, "Annnnd, scene!"... but nothing happens.

Kanye West [@kanye-west] Greeeeeat : (.... I feel soooo much safer about the flight now that I've been disgraced in a public place lol



Kelly Osbourne [@MissKellyO] in shock over how many people are bothered by my bad grammar it's laughable this is twitter not mensa!



Sarah Silverman [@SarahKSilverman] looking to buy a NINTENDO 64. must be in the LA area and need it right now.

METRO

T.J. Lavin in a coma

BMX rider T.J. Lavin has been placed in a medically induced coma after he crashed during an event at the Hard Rock Hotel in Las Vegas. METRO

KELL ON EARTH

See fashion's PR power-house Kelly Cutrone balance a life between her successful business, crazy fashion shows and single motherhood all while taking no bull#*t.

MONDAYS AT 9PM EST

OR AT LEAST START A FIGHT.

Catch the red hot reality lineup every Monday night.

cosmotv.ca

ASSOCIATED PRESS/DAN STEINBERG)

▶ Lance Bass was one of the presenters at the Environmental Media Awards on Saturday.

Hollywood goes green

Avatar, 30 Rock honoured for environment awareness Jane Fonda presents award to ex Ted Turner

The world's highest-grossing film and one of the most awarded TV shows are also some of the greenest productions around.

Avatar and 30 Rock were among the winners of the 2010 Environmental Media Association awards on Saturday night, which recognized individuals, organizations and productions that help increase public awareness of environmental issues.

The awards were presented at an eco-friendly ceremony at Warner Bros. Studios that featured organic food and compostable dinnerware. Actors Olivia Munn and Jason Ritter hosted the event, which was sponsored by one of Hollywood's favourite green-mobiles, Toyota Prius.

Other productions recognized for spreading a green message were the documentary Gasland and TV shows Bones, Handy Manny, Living With Ed and Lights, Camera, Take Action! Backstage With Disney's Friends for Change.

Entrepreneurs Ted Turner and Jeff Skoll received honorary awards for their environmental contributions. Natalie Portman presented Skoll with his award. His namesake foundation has funded organizations such as The Amazon Conservation Team, the American Council on Renewable Energy and Global Footprint Network.

Turner, who founded CNN, supports wildlife habitat preservation, promotes sustainable energy and furthers other environmental causes through his Turner Foundation. His award was presented by his ex-wife, Jane Fonda.

Rosario Dawson, Lance Bass and Eva Mendes were also among awards presenters.

Turner, who says he's been an environmentalist since he was 10, said that though there is much more to be done to protect the planet, he's buoyed by the ever-increasing awareness of environmental issues in the United States and worldwide.

"Even people who are not conserving, they know about it, and knowing about it is really important, because you can change," said the 71-year-old media mogul.

THE ASSOCIATED PRESS

TAKE ONE DOWN
2 Original Recipe chicken
pepper jack cheese, our very
all the bragging rights that
Only at
Take one down and then
tell the world about it.
Create your portrait for the
Double Down Wall of Fame.
www.facebook.com/KFCCanada

N IS HERE, CANADA.

BEFORE IT'S GONE.
asts*, crisp bacon, processed
special Colonel's Sauce, and
ome with taking one down.
KFC.

KFC
TAKE THE DOUBLE DOWN™

CANADIAN PRESS/FRANK GUNN

▶ Nelly Furtado signs autographs as she arrives for the Canada's Walk of Fame induction gala in Toronto on Saturday.

Canadians rock the Walk

- Eric McCormack says we're too modest
- But Sarah Polley is proud of our humility

Actor Eric McCormack knows it's a little un-Canadian to brag so he apologizes if he acts too excited over his new star on Canada's Walk of Fame.

"Being famous here really means a lot of apologizing, just really being sorry for it, because it's not the (Canadian) way," McCormack joked on Saturday as he walked the red carpet in Toronto.

"It's an unnatural state for a Canadian and I'm really sorry. I'm sorry."

McCormack said it's great that Canadians are finally recognizing homegrown talents and accomplishments, which wasn't always the case.

"Down in the States they'll say, 'When you were a kid did you think you'd be on the Walk of Fame?' and I say, 'When I was a kid there wasn't a Walk of Fame,'" McCormack said.

"This is a very new thing for Canadians, to celebrate themselves."

Hughes was beaming as she arrived on the red carpet and said she was thrilled to not only get a star, but also help applaud others.

"We've always done (great things) but we haven't always celebrated it and I think the Walk of Fame is something that really celebrates Canadians and excellence," she said.

"There's so many great people in this country doing so many fantastic things."

Polley said she too thought it was great to see a celebration of Canadian talent, although it might feel a little odd to some.

"I think it's always complicated for me because on the one hand we're always beating ourselves up for not celebrating ourselves enough. But for me, one of the national characteristics I'm most proud of in this country is humility," Polley said.

"So I sort of feel it's kind of a good sign we don't celebrate ourselves too much ... there's something so great about living in this country because we're not overly proud or overly comfortable with being proud.

"It's finding the balance between acknowledging the great things people have done in this country and also being proud of the fact that we're not the kind of people to boast too much."

Polley and Furtado were the youngest of the inductees — both are turning 32 in the coming months — and Furtado said it was humbling to be recognized while her career is still flourishing.

"It's kind of inspiring because I do feel like I've got a lot of work to do still and more dreams I want to accomplish, whether it's within music or outside of music," she said.

The induction ceremony was to be hosted by comedian Howie Mandel, who got a Walk of Fame star of his own last year.

Mandel said he was glad Henning was being honoured and recalled being inspired by his charisma and his work as the "consummate entertainer."

"Doug Henning is the man, he is magic," Mandel said.

"He's my first recollection of being aware of any magic, or any illusionists.

"He was certainly an inspiration and a great man and this is so well deserved, I wish he was here to see it."

The gala will be broadcast on Oct. 20 at 9 p.m. ET/PT on Global and Slice. It is to included performances by Jully Black, Alex Cuba, Burton Cummings, Hawksley Workman and Nikki Yanofsky.

THE CANADIAN PRESS

2010 Inductees

There are seven new inductees to the Canada's Walk of Fame, which over the years has given stars to the likes of Margaret Atwood, Jim Carrey, Celine Dion, Michael J. Fox, Wayne Gretzky and Steve Nash.

- **Nelly Furtado** Singer-songwriter
- **Doug Henning** Magician (Died 2000)
- **Clara Hughes** Olympic speed skater and cyclist
- **Eric McCormack** Actor
- **Farley Mowat** Writer
- **Sarah Polley** Actor and director
- **David Clayton Thomas** Singer-songwriter

THIS SPACE IS NOT BIG ENOUGH
FOR THE NEW DOUBLE DOWN.

Enter UNICEF's **Make October Count for Kids** contest today!

You could **WIN** a $10,000 travel voucher!

INTREPID

Visit www.clubmetro.com/unicef and show your support for the work UNICEF does in more than 150 countries and territories around the world, including Haiti. Simply enter the "Make October Count for Kids" contest for your chance to win a **$10,000 travel voucher*** from Intrepid Travel.

Every time you enter, Party Packagers will donate $1 to UNICEF Canada on your behalf. You could be visiting a dream destination while you help UNICEF fulfill the dreams of the world's most vulnerable children. Enter the contest today.

UNICEF helps save and improve the lives of the world's children by providing education, nutrition, immunization, clean water and protection.

Enter at www.clubmetro.com/unicef today!

unicef canada | H&M | Cadbury | club metro

*Contest rules and regulations can be found on www.clubmetro.com/unicef

Halloween Safety Tips

Here's how parents can help their youngest ghouls and ghosts stay safe this Halloween:

1. Apply reflective tape to Halloween costumes.
2. Use face paint rather than masks that could cover the eyes.
3. Remind your kids to look both ways before crossing the street.
4. Accompany young children. Older trick or treaters should travel in small groups on a pre-planned route.
5. Inspect all treats before children sample their goodies.

Brought to you by: PARTY PACKAGERS

national unicef day oct.31

ISTOCK

▶ After your kid reads Jan Thornhill's Who Wants Pizza? Not only will they be want to have a slice, they will also know where the ingredients came from.

Wh interested in some pizza

Food is often something kids take for granted — it simply shows up every day Yet there is so much for kids to know and understand about food, as Jan Thornhill explains in her new book, Who Wants Pizza?

Jan Thornhill uses one of the more common foods kids eat — a slice of pizza — as a jumping off point to take a look a plethora of facts and interesting info involving how and why we eat what we eat.

Who Wants Pizza? combines tons of interesting facts with photos and illustrations to take kids on a journey through the world of food past, present, and future.

Facts like:

• Humans are very visual animals, and the makers of processed foods know this. That's why colour is so often on lists of ingredients — to make food look more appealing. In one study, test subjects who could see their food ate much more than others who were blindfolded — but the blindfolded ones reported being just as full on less food!

• Different cultures have different food customs. In many places, food is eaten without utensils, and in countries that use chopsticks, it's very rude to point with them. In Russia, to show that your host has been generous, you're expected to always leave a little food on your plate, while in India, it's impolite to leave anything at all.

• World exploration was driven by a search not for gold or even land, but for spices. Spices like black pepper, cloves, and cinnamon were valuable because they livened up a dull European diet and preserved food. Also, spices were fabulously expensive, which of course made them a status symbol. Unfortunately, this hunger for spices came at a cost to many people who grew them. As sea routes to the Far East and the Americas were discovered, one spice-growing nation after another was conquered and then controlled by foreigners.

Comprehensive, engaging, and fun, Who Wants Pizza? is a book that kids will want to digest again and again — and what's better, they are sure to come away hungry and well inform. Who Wants Pizza? is $12.95.

FOR METRO CANADA

Travelling fruit

Most fruits and vegetables we buy today are types that travel well. These aren't bred for juiciness or flavour — they're bred to produce a lot of regularly sized fruit that resist bruising. Though there are about 7,500 varieties of tomatoes in the world, you'll find only a handful of these in most grocery stores. From page 53 of Jan Thornhill's Who Wants Pizza.

3 life

Healthy eating

Concerned that your family isn't getting enough fruits and veggies in their diet? Recent research from the Dietitians of Canada showed that almost 25 per cent of Canadians surveyed said they hadn't consumed any fruits or vegetables the previous day.

It can be hard to incorporate the up to 7 to 10 daily recommended servings of fruits and veggies into our diet, but it is possible. Try to get one dark green and one orange vegetable each day to help you get enough of the vitamin folate and vitamin A.

NEWS CANADA

Babies learn to sign while learning to crawl and before learning to talk

Traditional soup with a tasty twist

For Quebecers missing a taste of home nothing beats pea soup With temperatures droping it's a great hearty nutritional meal Garlic croutons are easy-to-make and are a perfect fit

Rib sticking and hearty, this pea soup packs a nutritional punch, is full of fibre and comforting flavour. Just before serving, pop a few bagels into the toaster — they're a perfect accompaniment to the soup.

Ingredients:

Soup
- 2 cups (500 ml) dried yellow split peas
- 1carton (900 ml) low-sodium chicken broth
- 4 cups (1 l) water
- 1 onion, chopped
- 2 each celery stalks and carrots, sliced
- 2 garlic cloves, minced
- 1 tsp (5 ml) dried summer savoury leaves
- 2 bay leaves
- ½ tsp (2 ml) freshly ground black pepper

Croutons
- 2 Garlic and Onion Country Harvest Bagels
- 1 tbsp (15 ml) olive oil

Preparation:

1 Place all soup ingredients in a very large saucepan. Cover and bring to a boil. Reduce heat and simmer covered about 11/2 hours, stirring occasionally until peas are very tender. Discard bay leaves.

2 Meanwhile, preheat oven to 400F (200C). Slice bagels into ¾ inch (4 cm) wedges, then cut again into ½-inch (1-cm) size croutons. Place in a bowl. While tossing bagel wedges, drizzle in oil to coat as best you can. Turn onto a baking sheet. Bake, stirring once, until golden, 5 to 8 minutes.

4 portions
Prep and cooking time:
90 min.

NEWS CANADA

▶ Quebec Pea Soup with Garlicky Croutons

3 Remove about 2 cups (500 ml) soup and puree until smooth. Stir back into soup in pot. Soup should be thick, but thin with a little water or broth if you wish. Makes 8 cups (2 L) soup and 3 1/2 cups (875 ml) croutons. Leftover croutons can be stored in an airtight container for up to 5 days or frozen. Soup will thicken as it cools.

NEWS CANADA

Going the right way?

Get your career moving at Douglas.

Bachelor's degrees, career programs, university transfer and continuing education – your success starts here.

Visit **douglascollege.ca/info** for a complete schedule.

November Info Sessions:

Aboriginal Child and Youth Care
Accounting
Animal Health Technology
Behavioural Interventionist
Bachelor of Business Administration
Business Management
Child and Youth Care Counsellor
Classroom and Community Support
Community Social Service Worker
Computing Science and Information Systems
Co-occurring Disorders
Dental Assisting
Disability and Applied Behaviour Analysis
Dispensing Optician
Early Childhood Education
Economics (Associate of Arts Degree)
Financial Services Management
Health Care Support Worker
Home Inspection Certification Program
Hotel and Restaurant Management
Marketing Management
Music
Nursing
Office Administration
Print Futures: Professional Writing
Physical Education Instruction (Post-Degree Diploma)
Psychiatric Nursing
Sport Science
Therapeutic Recreation
University Transfer (Arts, Business, Science)
Veterinary Office Animal Care Certificate
Youth Justice

Douglas College
Ignite your potential

10-137

A savoury pie that's perfect for autumn

The rustic pork and veal pie is hearty and easy to prepare ◗ A melding of flavours in your mouth ◗ Also great for re-heating the next day

THE ASSOCIATED PRESS

▶ Rustic Pork and Veal Pie

Whether it's for a Halloween party or Sunday in front of the widescreen for a football game, good food for a fall gathering should be hearty, flavourful and easy to prepare.

With this rustic pork and veal pie, you can put a checkmark next to all three.

For the savoury filling of this free-form meat pie, you start with pre-shredded cabbage, which is sold near the pre-washed salad mixes at your grocer. Then you add convenient ground pork and veal along with canned tomatoes and spices.

After it is simmered to let the flavours meld, the filling gets wrapped up in store-bought, refrigerated pie crusts and baked until golden brown. For added convenience, the pie can be baked a day ahead and reheated in a 180 C (350 F) oven for 30 minutes or until heated through.

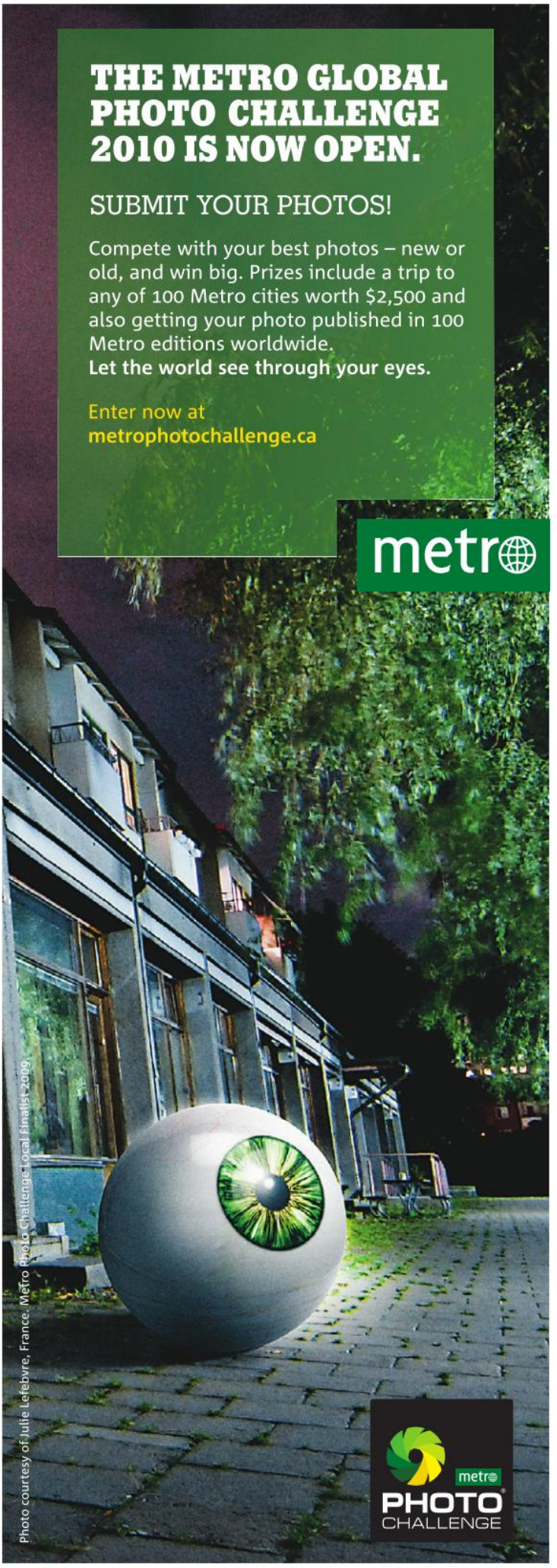
Ingredients :

- 10 ml (2 tsp) extra-virgin oil
- 3 cloves garlic, minced
- 1.5 l (6 cups) shredded green cabbage (1/2 small head)
- 250 g (1/2 lb) ground pork
- 250 g (1/2 lb) ground veal
- 250 ml (1 cup) canned diced tomatoes, with juice
- 30 ml (2 tbsp) tomato paste
- 5 ml (1 tsp) dried thyme leaves
- 1 ml (1/4 tsp) ground allspice
- 1 ml (1/4 tsp) cinnamon
- Salt and ground black pepper, to taste
- 150 ml (2/3 cup) shredded extra-sharp cheddar cheese
- 1 pkg refrigerated pie crusts (two 23-cm/9-inch crusts), room temperature

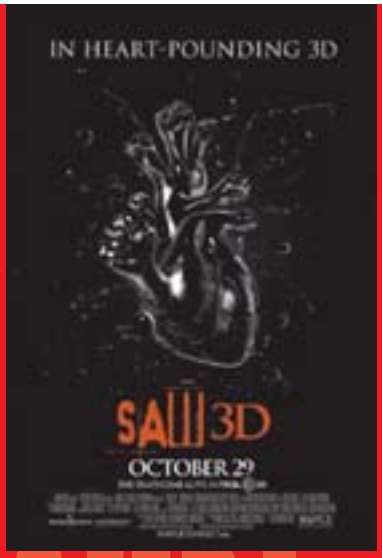
Preparation:

1. Heat oven to 230 C (450 F). Coat a large baking sheet or pizza pan with cooking spray. Set aside.
2. Heat oil in a large non-stick skillet over medium. Add garlic and saute for 30 seconds. Stir in cabbage and saute until softened and translucent, about 5 minutes.
3. Add ground pork and veal and cook, breaking it up as finely as possible until no longer pink, 8 to 10 minutes. Stir in tomatoes, tomato paste, thyme, allspice and cinnamon. Cover and simmer for 7 minutes. Season with salt and pepper. Uncover, stir in cheese until melted, then set aside to cool slightly.
4. Meanwhile, on a lightly floured surface, place one pie crust on top of the other. Dust top crust with flour and roll crusts out together into a 46-cm (18-inch) circle. Fold circle in half, transfer it to the prepared baking sheet or pizza pan and unfold.
5. Place pork and veal mixture in the centre of the pie crust circle, spreading it out in an even layer and leaving a 10-cm (4-inch) uncovered border. Fold edges of crust up over filling, forming pleats and leaving a roughly 5- to 7.5-cm (2- to 3-inch) opening at the centre.
6. Bake pie for 25 to 30 minutes or until the crust is golden-brown on the top and bottom and completely cooked at the folds.

THE ASSOCIATED PRESS


THE METRO GLOBAL PHOTO CHALLENGE 2010 IS NOW OPEN.
SUBMIT YOUR PHOTOS!
Compete with your best photos – new or old, and win big. Prizes include a trip to any of 100 Metro cities worth $2,500 and also getting your photo published in 100 Metro editions worldwide.
Let the world see through your eyes.
Enter now at
metrophotochallenge.ca
metro
Photo courtesy of Julie Lefebvre, France, Metro Photo Challenge Local Finalist 2009.
metro PHOTO CHALLENGE

YOU COULD
WIN A COLD STONE CREAMERY HALLOWEEN PRIZE PACK!
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER



IN THEATRES OCTOBER 29
YOU COULD
WIN A PAIR OF ADVANCE SCREENING PASSES TO SEE SAW 3D
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com

COULTER
SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA

DAVIDSUZUKI.ORG/BLOGS/QUEEN-OF-GREEN

DON'T HANG *YOURSELF* OUT TO DRY

QUESTION:
I would like to eco-source dryer sheets. Do such things exist?

Matthew from Vancouver, BC

Dryer sheets were actually designed to reduce static in synthetic fabrics only. But today, most people add a sheet (or more) to every dryer load regardless of the fiber. Dryer sheets do not lend themselves to eco-friendliness because of their disposable nature and synthetic chemical ingredients. They're best avoided, so I'd suggest saving your money.

Since full disclosure of ingredients in consumer products like dryer sheets is not required by law, it's hard to know exactly which chemicals they contain. However, many people who stop using dryer sheets find they and others in their home also stop suffering from asthma-like symptoms, headaches or irritated skin.

To prevent static cling, hang clothes to dry. To reduce static you can also add half a cup of white vinegar to the rinse cycle of your washing machine. Dryer sheets and liquid fabric softeners contain chemicals that coat your laundry with a residue.

The synthetic perfumes derived from petroleum-based ingredients are another concern. The scented air leaves your dryer vent and floats into your neighbourhood. That's not very neighbourly.

David Suzuki Foundation

Turn a new leaf in your tree-planting

When Lynne and Kemper Smith moved to Golden, Colo., from Florida six years ago, they bought a new house and planted trees — fruit trees out back and a cache of aspen near the front door.

Very Colorado, those aspen. Unfortunately, it was the wrong part of Colorado. "I didn't know they'd get this big," Kemper Smith says.

Planting the wrong tree in the wrong place is common, according to arborists around the country. Homebuilders and homeowners often plant trees too close to houses, power lines or roads, and hey choose trees that aren't necessarily suited to the soil and region.

"I think that a lot of it is lack of education," says Jon Elliott, a Denver arborist, adding fall is a good time for planting trees and shrubs.

THE ASSOCIATED PRESS

Planting tips

If you hire an arborist, be sure to check their certification or references.

- **Plant trees that can grow** large (18 metres or taller) at least three to 4.5 metres from the house.
- **Check for electrical, gas** water and sewer lines.

JENNIFER FORKER, THE ASSOCIATED PRESS

▶ Jon Elliott, left, advises people to do their homework.

Shaping the future

If you're going to change your career, then change it for the better. Find a company that is highly successful, offering sustainable, safe delivery of services to the world's power, process, oil & gas, mining, water and environmental sectors – one with revenues of over Cdn$4.5 billion and employing over 23,000 people in around 40 countries. Find a company with a progressive culture that makes it stand out from the crowd – one that believes in its people, teamwork and diversity; one that continually aspires to excellence and is passionate about success.

Sounds too good to be true? Not at all. **Welcome to AMEC.**

Opportunities within AMEC's Power & Process Division are amazing. They can take your career far and wide. We offer excellent salaries and benefits as well as the chance to utilize your talents on major, complex projects.

If you have a successful track record working in **High Voltage Transmission & Distribution**, and thrive on challenges in a fast-paced, expanding environment, one of these **Vancouver-based** roles is for you.

Project Managers
Engineers
Construction Managers
Designers

To begin this exciting process, visit our website and find out more details about these roles. If you want to help shape the future with us, apply online.

amec.com/careers
AMEC is committed to the principle of equal opportunity in employment

amec

Small business owners happy despite hours

Owning a small business may offer more freedom to make decisions, but it can also mean working long hours.

According to the TD Small Business Happiness Index which examined the attitudes and behaviours of small business owners in a dozen North American urban centres, the majority of Canadian small business owners work 50 or more hours each week, with 19 per cent working 50-59 hours and 38 per cent saying they work 60 hours or more.

"Despite often 'burning the midnight oil', small business owners are happy people," says Alec Morley, senior vice president at TD Canada Trust.

"Small business owners enjoy a sense of control and freedom that they don't generally realize when working for someone else."

Which cities report working the longest hours?

Ottawa
Calgary
Vancouver

Which cities report working the shortest hours?

Montreal
Saskatoon
Kelowna

In addition, 58 per cent of Canadian small business owners say that the long hours they work, are what they expected when they first started their business, while 28 per cent feel that they are working more hours than they ever expected.

Only 12 per cent of small business owners are working less than they anticipated.

Interestingly, owners with 20 employees or more report working longer hours on average than those with 10 employees or less.

"Despite often 'burning the midnight oil', small business owners are happy people."

ALEC MORLEY

MCDONALD'S VISIT BEHIND JUNK SUCCESS

A moment of brilliance can happen anywhere. Brian Scudamore found his inspiration while in the drive-thru lane at McDonald's.

Waiting for his lunch, he saw an old junk truck pass by his car. "There's my ticket," he thought, "I'm going to offer to haul people's junk away."

The first year The Rubbish Boys turned a modest profit but Brian had bigger plans. He formed a board of advisors and came up with a new name, logo, brand and image. Scudamore was about to move into a new era of doing business.

1-800-GOT-JUNK is a Canadian success story with over 200 franchises operating in North America and Australia. Scudamore believes in the adage, "work hard, work smart" but he admits that it hasn't always been easy.

He says there were days when he was in a cash flow crisis, he couldn't meet payroll and had to let good friends go.

He's also a firm believer in visualization. "If you believe in your heart and your head that you can make it happen and never let your idea go, it will happen. It sounds simple, but it's true."

So what's Brian's next goal? He wants to build a second brand with the goal of reaching $100 million dollars in revenue within five years.

Not bad for a guy that went for a cheeseburger and drove away with a multi-million dollar dream. That's what I call a Happy Meal.

TurningPoint

TERESA KRUZE

LIFE@METRONEWS.CA

Skills Connect For Immigrants Program

WANT A JOB THAT USES YOUR SKILLS AND EXPERIENCE?

We Can Help Put Your Skills To Work!

Call Us To Find Out More About:
Language Development, Training, Job Search and Connecting to Employers!

www.training-innovations.com/skillsconnect

Training Innovations 604.298.4720, ext. 278

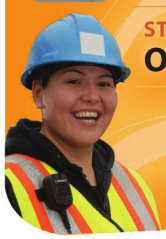
Canada | British Columbia The Best Place on Earth | WelcomeBC

The Skills Connect for Immigrants Program is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia.

SUPPLY CHAIN
Career Training Programs

START A CAREER IN
- Logistics
- Operations
- Freight
- Transportation
- Materials Handling
- Inventory or warehousing

PROGRAM INCLUDES
- Essential Skills
- Logistics
- Safety Certification
- Driver and Forklift Training
- Field Trips to Ports, Airports & Warehouses



STARTING
OCTOBER 25, 2010

FOR MORE INFO CONTACT
First Nations Employment Society
604-605-8901 • www.fnes.ca

FLIGHT CENTRE *Unbeatable*

SALES CONSULTANT - TRAVEL

Are you ready to start a new career and an exciting adventure?

*** Do you have a passion for sales?**
*** Join one of the fastest growing companies in the industry!**
*** World-renowned benefits with an organization that values its people!**

Flight Centre is one of the world's **most exciting and fastest growing leisure travel companies**, with operations in more than 60 nations.

Due to overwhelming success, *Flight Centre* is looking to hire several **Sales Consultants** to work out of their retail stores in Vancouver. If you **love to travel** and have the confidence to sell this is the job for you!

These are exciting, variety-packed roles in which you will make it your business to do everything possible to **book tailor-made holidays and corporate travel for a wide range of clients.**

The successful candidates will be rewarded with a **competitive, performance-driven UNCAPPED salary package plus commission**, with global career advancement and travel opportunities!

Best of all, you will be joining a company who prides itself on putting its people first. For a job that will truly take you places, **watch your career take off with *Flight Centre*.**

Apply online at www.ApplyFirst.ca/job20759
or Call 1-866-474-3140 if you have questions.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metrotube of the day

S.U.C.C.E.S.S. Employment Services

Come & inquire about our FREE programs

Pro-Tech Career Connect
An employment program for Professional & Technical individuals. Call 604-524-2100 or come to the Info Session Wednesdays at 10 a.m. Suite 217-610 Sixth St., New Westminster, BC.
www.success.bc.ca/protech

45+ Experience for Hire
A program designed to address the unique needs of mature job seekers 45 & up. Call 604-524-2100 or come to the Info Session Fridays at 10 a.m. Suite 217 - 610 Sixth St., New Westminster, BC.
www.success.bc.ca/experienceforhire

Trade Solutions
We'll help you find your trades career. Call 604-689-7772, Info Session Tuesdays at 2 p.m. Suite 300 - 530 Hornby St., Vancouver, BC. **www.success.bc.ca/trades**

BRITISH COLUMBIA The Best Place on Earth

Funded in whole or part through the Canada-British Columbia Labour Market Development Agreement

what's your COVERGIRL match?

find your perfect shade of beautiful

* Points are issued according to the net pretax purchase total of eligible Procter & Gamble products after discounts and before taxes using a valid Shoppers Optimum Card®. Offer valid from Saturday, October 9, 2010 – Friday, November 5, 2010. All products must be purchased on the same invoice.

Visit your local Shoppers Drug Mart from Oct 9-Nov 5th
and ask your Beauty Advisor for a
COVERGIRL Colour Matching Makeover

Reward outweighs risk for small businesses

JON TATTRIE
LIFE@METRONEWS.CA

A new survey suggests Canadian small business owners have suffered a decline in optimism about their financial prospects, but are still having fun running their own company.

The American Express Small Business Services' quarterly survey showed the overall index dropped two points to 64 per cent, indicating owners are more stressed about the state of the economy and less hopeful about their business prospects than they were in May.

Eric Nielsen, vice-president of small business services, said that while it wasn't a huge drop, it was the first downgrade since the survey started in the depth of the recession in March 2009.

The good news, he said, is that more than half of businesses polled felt things were stable or improving and 76 per cent are confident business will improve in the next six months.

"There is a bit more uncertainty," he said. "Small business owners are extremely close to their consumer. If the consumer experiences a pause, the owner is usually the first to see it."

Overall, stress levels were up six per cent. Forty-two per cent of owners planned to work past the age of 65 and 70 per cent of those who planned to retire intend to keep a role in the business.

"We've dubbed this a 'so-called' retirement," Nielson said. Prolonged careers were partly a reflection of financial circumstances, with owners building RRSPs and counting on selling their business or keeping a salary to fund retirement. The post-retirement work was also a reflection of the fact that most business owners value their work and don't want to stop.

"They're having fun doing what they're doing," Nielsen says. "Even through the depths of the recession, three out of four believe that the rewards and opportunities outweigh the risk."

Many see the flexible take on retirement as part of the trade off of running their own business, the survey found.

Is ownership for you?

The TD Small Business Happiness Index asked small business owners in urban centres across North America for the top advantages and disadvantages of owning a small business. Here is what they said:

Top five advantages:

1. Being your own boss
2. Making your own decisions, being in control
3. Setting your own schedule
4. Making more money and having control over money
5. Having freedom and the ability to do what you want

Top five disadvantages:

1. Financing, cash flow, budgets and managing payroll
2. The responsibility, stress and risk
3. Difficulty managing, recruiting and retaining staff
4. Working longer hours and having limited time off
5. Dealing with government regulations

"Small business owners tell us that owning a business has many advantages, despite the day-to-day challenges that come with running a company like red tape, property taxes and attracting and retaining talent," says Alec Morley, senior vice president of small business banking at TD Canada Trust. NEWS CANADA

RBC Royal Bank®

$6 Small Business Account

Pay less. Get more.

Designed for small businesses, the RBC Royal Bank® $6 Small Business Account[1] offers great value and savings. Your $6 monthly fee can cover up to 8 business transactions with no minimum balance required.

Plus, your small business can benefit from:
- A no annual fee, low interest rate small business line of credit[2] with RBC Rewards®.
- A competitive card processing welcome offer[2] from Moneris‡ Solutions for your credit and debit card payments.
- Service and support 24/7 from small business advisors.

See what $6 can do for your small business.
Call 1-800-ROYAL® 2-0 or visit rbc.com/sixdollars

Advice you can bank on™

®Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada. ‡All other trademarks are the property of their respective owners. [1] Additional fees and charges will apply for services and transactions exceeding $6 per month. $6 worth of transactions could include, for example, making two (2) online bill payments and two (2) ATM transactions, writing one (1) cheque and making a deposit of two (2) cheques & $500 cash in branch. Go to www.rbc.com/sixdollars for more examples. Certain limitations apply. [2] Subject to additional terms and conditions.

Steer clear of gossip

Petty politics and office cliques can transform workplace into snake pit

DREW HINSHAW
LIFE@METRONEWS.CA

▶ Career counselors advise staying away from office politics and cliques.

Office gossip can buzz back to the wrong ears and sting like a bee.

Which is why it's better, career counselors advise, to float like a butterfly above the cubicle cliques and petty politics that transform even the most professional bureau into a snake pit.

"In some environments, the office can really be like high school," career coach Pamela Skillings notes. "There are all these cliques, and people who are favoured at one time. Who you're hanging out with can be perceived as taking sides."

If your colleagues have you typecast as an office mean girl or a card-carrying Boys Club lackey, it's likely because you've over idolized the catty friendships you've formed.

"You need to get away from that, even if you think you're working with the coolest people in the universe," Skillings adds.

"Diversify you're friendships," concurs workplace relationship expert Courtney Anderson.

That means extending a lunch invite to the shy paper shufflers and fixed-place cubicle-statues who rarely say "yes." It could mean dropping by a department you don't normally graze, or bringing pizza to the interns.

For the truly self-unaware, achieving non-alignment in the office realpolitik could also require keeping a paper tally of the number of critical and backbiting comments you let slip past the filter.

"We usually can't see how bad it is, and we need to get empirical data," she says. "Once we have that moment of truth where we fact that data, oftentimes, it's shocking."

Some of the unhappiest moments between colleagues come during happy hour.

Over half-off pints of froth — or while rocking around Christmas trees and jack-o-lanterns of holiday parties — coworkers are all too likely to give their verbal inhibitions the night off, Anderson says.

"Even if you leave work, and you go to the local bar with your work friends, you're still at work. Everybody thinks this rule doesn't apply to them."
COURTNEY ANDERSON

RESIDENT CARE ATTENDANT
BC Government approved Curriculum & 8-week Practicum
- The Most Competitive Tuition Fee - $5900
- Student Loans Available & EI Funding Accepted
- Job Placement Assistance Provided

Daytime, Evening and Weekend Classes
www. rcit.edu
Royal Canadian Institute of Technology
Vancouver 604-879-5676 Surrey 604-588-7248

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
JOIN CLUB METRO TODAY! CLUBMETRO.COM

FITNESS LEADERSHIP
DIPLOMA PROGRAM
Become a Personal Trainer
Morning, Afternoon & Evening Classes
EARN UP TO $70/HOUR
Govt financial aid may be available
Hilltop Academy
604-930-8377
www.hilltopacademy.ca

Coming to Vancouver
4 DAYS ONLY!
Thursday, October 21st through Sunday, October 24th
EYEWEAR EXPO

TRAVELING DESIGNER FRAME SHOW
50% off
ENTIRE STOCK
All Frames • All Lenses • All Options
the Bay OPTICAL
Complete pair purchase required. Savings applied to lenses. See optician for details.
Only at Metrotown
(604) 436-1196 x450
MKT CODE: NP

HALLOWEEN AT BEAR CREEK PARK
CHILDREN'S FAIR & TRAIN
Daytime 10am to 5pm • Saturday Oct. 9 to Sunday Oct. 31
Includes: Goody Bag, Crafts, Games, Take-home Pumpkin and Train Ride
Adults $8.50, Kids (3-12yrs) $7, Children under 2 yrs $3.50 & Babies FREE
HAUNTED FOREST SCREAM TRAIN
Nighttime 6:30pm to 10pm
Friday Oct. 15 to Sunday Oct. 31
Ghouls, Goblins and other scary Characters
Adults $8.50 & Kids (2-12yrs) $7.00
www.bctrains.com
13750 88th Ave (at King George) Surrey • 604-501-1232

Immigration Consultant Diploma (IMCD)
Discover a rewarding career in the expanding field of immigration.
The program at Ashton College will prepare you to become a **Certified Immigration Consultant.** Our program is one of only 6 programs in Canada to be accredited by the Canadian Society of Immigration Consultants(CSIC) which administers the Certification. Full-time and Part-time formats available.
Enrol now for November
Ashton Education with Purpose
www.ashtoncollege.com/imcd
Or contact an admissions adviser at 604.899.0803

Online sites let students grade their professors

Universities say exterior evaluations have no weight when reviewing faculty and factoring promotions

Michael Hirsh still remembers his worst university professor.

"The guy rambled, didn't give an outline or explain how he graded, didn't explain expectations. I got C," said Hirsh, who's in his last year as an economics student at a Toronto-area university.

"It messed up my GPA. A professor can make or break a course," he explained.

"Sure we gave the university our evaluations, but I wanted to warn other students."

Hirsh decided to take his "scathing" comments to ratemyprofessors.com where evaluations are available to anyone, not just university administration.

Official student evaluations have been part of the student experience for decades, but until the advent of the Internet, students had to rely on friends for professor recommendations — and gossip. Almost no universities provide their official evaluations to students.

At ratemyprofessors.com, the site boasts of having more than 6,000 schools with over one million evaluations. Other sites that have launched include Professorperformance.com.

The University of Toronto is one place where the administration is aware of the popularity of online evaluation sites and it's proposing its own online system, which is expected to go live in September 2011.

According to Prof. Edith Hillan, vice-provost of faculty and academic life at the university, sites such as ratemyprofessors.com are "useful for students, but we wouldn't use them from an institutional perspective to gather information."

"Often you'll get comments or scores at the extreme end of the spectrum," she said.

At Ryerson University, the vice-provost for faculty affairs, John Isbister, doesn't object to online evaluation sites, recognizing that they are useful for students who can't access the official evaluations that students give to the administration after a course is complete.

"We do care about student experience, but it's part of the faculty's collective agreement that their evaluations remain confidential," said Isbister.

Both universities say exterior online evaluations have no weight when the administration is reviewing their faculty and factoring promotions, tenure, salary and other related things.

The fact that official evaluations remain confidential is one reason for students flocking to the online sites as an alternative.

"The official evaluations are hugely ineffective — they are good for the university to decide on salaries, but not good at helping us decide what courses to take," said Ben White, a third-year engineering student at the University of Toronto.

"I mean I never see them."

Also they can be beneficial for students who are either new or not connected to the university community.

"They are really helpful and useful — I came here not knowing anyone," said Yael Sperkut, a first-year humanities student at U of T.

"I used it in high school — with ratemyteachers.com — and when I was mad or thought they weren't doing their jobs, sure I posted — a lot."

Hillan said the University of Toronto's proposed online evaluations will have "provostial guidelines" — to oversee the system to make sure it's used appropriately.

These proposed evaluations don't do enough for White.

"Even the ones done through the student union are slightly edited if they're too profane. I'm getting the straight truth when I go online," he said.

THE CANADIAN PRESS

Advancing your career just got a whole lot easier.

Registration for the CMA Accelerated Program closes December 10, 2010. That's only

54 days away.

The CMA Accelerated Program is a faster, more affordable alternative to traditional course work that bridges the gap between your degree and the CMA National Entrance Exam. Courses are available in-class and via distance learning or self-study to accommodate busy lifestyles.

As a CMA, your future is unlimited. You will have increased earning potential, career advancement and stability.

Find out more about becoming a Certified Management Accountant and the CMA designation at:

CMA Information Session – October 20, 2010, 5:00-6:00 pm, Shangri-La Hotel, Vancouver
CMA Workforce Panel – November 9, 2010, 5:00-8:00 pm, Terminal City Club, Vancouver

Don't wait for success. **Contact Nicole Wears at 604.484.7005, nwears@cmabc.com to RSVP for these events. For more information visit cmabc.com.**

CMA Certified Management Accountants™

®/™ Registered Trade-Marks/Trade-Marks are owned by The Society of Management Accountants of Canada. Used under license.

Ratemyprofessor.com boasts of having more than 6,000 schools with over one million evaluations.

Judging not for everyone

Despite the popularity of sites such as ratemyprofessors.com, not everyone is a fan of online evaluations.

"I don't want to say something mean about my professor, I might be the only one who thinks that," said Tamara Milavic, a first-year student at the University of Toronto. Milavic also said that she knows which professors to avoid and which ones are recommended due to having an older sister who studied in the same department.

"I have enough people telling me what to do," she said.

Second-year U of T science student Katie Spizarsky had her own reasons for never doing any evaluations, whether through the university or online.

"Friends are more reliable," she said.

THE CANADIAN PRESS

Canucks get back on track

Canucks backup goaltender Cory Schneider stands in for Luongo and posts first NHL victory since December of 2008 Samuelsson tallies three points

DARRYL DYCK/THE CANADIAN PRESS

▶ Carolina Hurricanes' Cam Ward looks on as Vancouver Canucks' Dan Hamhuis, from left, Tanner Glass, Mason Raymond, Mikael Samuelsson and Kevin Bieksa celebrate Samuelsson's goal during the second period of last night's game.

5	1
CANUCKS	HURRICANES

Cory Schneider made 32 saves for his first NHL win in almost two years last night as the Vancouver Canucks downed the Carolina Hurricanes 5-1.

Mason Raymond scored two goals and added an assist while Mikael Samuelsson had a goal and two helpers as the Canucks (2-2-1) got back on the winning track after a pair of losses in Los Angeles and Anaheim.

Andrew Alberts, in his first game against his former team, and Ryan Kesler also scored for Vancouver.

Schneider last won a game on Dec. 14, 2008. The 24-year-old native of Marblehead, Mass., is in his first season of full-time NHL duty after three seasons in the minors.

He made his first start of the season as No. 1 Roberto Luongo received the night off after playing four straight games to start the season. The Canucks lost three of them.

Patrick O'Sullivan replied for Carolina (2-2-0), which suffered the lopsided loss despite outshooting the Canucks 33-28.

Vancouver led 2-0 after the first period and 3-1 after the second. The Canucks went 2-for-5 on the power play while the Hurricanes were blanked on six man-advantage opportunities.

The Canucks peppered Carolina goaltender Cam Ward with 10 shots in the first eight minutes while Schneider faced only five in the same time span.

Alberts, who was acquired from Carolina at the trade deadline in March for a third-round draft pick, opened the scoring 5:37 into the game. He put in his own rebound after Manny Malhotra dug the puck out along the boards and sent it towards the net.

THE CANADIAN PRESS

Alberts

▶ Andrew Alberts' first-period goal matched his offensive output for all of last season.

Big Ben returns with a bang

GENE J. PUSKAR/THE ASSOCIATED PRESS

28	10
STEELERS	BROWNS

With Ben Roethlisberger revelling in the cheers he once feared he might not hear, the Pittsburgh Steelers looked like themselves for the first time all season.

They also sounded like the team that loves to intimidate.

To the Cleveland Browns, it was Steelers linebacker James Harrison who was the game's impact player.

Roethlisberger, cheered loudly during his first game in nine-and-a-half months, returned from his four-game suspension to throw three touchdown passes, and the Steelers (4-1) shut down a Browns offence that was depleted by Harrison hits during a 28-10 victory yesterday.

THE ASSOCIATED PRESS

DOUG PENSINGER/GETTY IMAGES

▶ Jimmy Rollins

6	1
PHILLIES	GIANTS

Oswalt, Rollins lift Phillies

Roy Oswalt pitched eight dominant innings, Jimmy Rollins drove in four runs and the Philadelphia Phillies beat the San Francisco Giants 6-1 last night to even the NL championship series at one game apiece.

A day after Tim Lincecum outduelled Roy Halladay in a marquee matchup of aces, Oswalt beat Jonathan Sanchez.

The series shifts to San Francisco for Game 3 tomorrow afternoon.

Matt Cain faces Philadelphia's Cole Hamels, the 2008 World Series MVP.

Oswalt allowed one run and three hits, striking out nine. He also had a hit and scored a run on a mad dash through the third base coach's stop sign.

Cody Ross hit his third solo homer in two games for the Giants.

Rollins busted out of a 1-for-15 post-season slump, going 2-for-3 with a bases-loaded walk and a bases-clearing double.

THE ASSOCIATED PRESS

Sports in brief

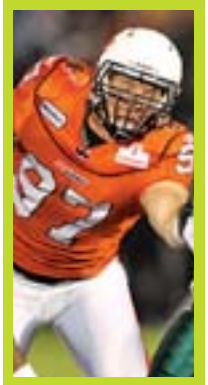
Whitecaps eliminated

SOCCER. The Vancouver Whitecaps won't be playing for the title in their final season of second-tier North American soccer. One of their former players made sure of that. Nick Addlery scored two goals in extra time and the Puerto Rico Islanders defeated Vancouver 2-0 yesterday, eliminating the Whitecaps from the USSF Division-2 playoffs.

THE CANADIAN PRESS

4 sports

Quoted



"The defence played like (crap). We practice these assignments and we didn't transfer them over to the game. This is Football 101 and we failed on that."

B.C. LIONS DEFENSIVE END BRENT JOHNSON, FOLLOWING HIS TEAM'S 31-28 LOSS TO THE EDMONTON ESKIMOS ON SATURDAY. ESKIMOS QB RICKY RAY RAN FOR 135 YARDS – INCLUDING THE WINNING ONE-YARD TOUCHDOWN IN OVERTIME.

"I've been playing in this league for eight years and I've never seen Ricky Ray run for so many yards."

B.C. DEFENSIVE LINEMAN JONATHAN BROWN

Scan code for sports

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Toronto	4	4	0	0	0	16	9	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Washington	5	4	1	0	0	17	11	8	3-0-0-0	1-1-0-0	4-1-0-0	W4
d-NY Islanders	5	2	1	1	1	18	16	6	2-0-0-1	0-1-1-0	2-1-1-1	W1
Montreal	5	3	1	1	0	14	13	7	1-0-1-0	2-1-0-0	3-1-1-0	W2
Tampa Bay	4	3	1	0	0	12	14	6	1-0-0-0	2-1-0-0	3-1-0-0	L1
Atlanta	5	3	2	0	0	17	16	6	1-0-0-0	2-2-0-0	3-2-0-0	W2
Pittsburgh	6	3	3	0	0	18	14	6	1-3-0-0	2-0-0-0	3-3-0-0	W2
Philadelphia	5	2	2	1	0	11	14	5	1-2-0-0	1-0-1-0	2-2-1-0	L2
Boston	3	2	1	0	0	9	6	4	0-1-0-0	2-0-0-0	2-1-0-0	W2
Florida	4	2	2	0	0	12	5	4	1-0-0-0	1-2-0-0	2-2-0-0	W2
Carolina	4	2	2	0	0	9	12	4	1-0-0-0	1-2-0-0	2-2-0-0	L2
NY Rangers	3	1	1	1	0	13	13	3	0-0-1-0	1-1-0-0	1-1-1-0	L2
Ottawa	5	1	3	1	0	10	16	3	1-1-0-0	0-2-1-0	1-3-1-0	L1
Buffalo	6	1	4	1	0	12	18	3	0-3-1-0	1-1-0-0	1-4-1-0	L5
New Jersey	6	1	4	1	0	10	21	3	0-3-1-0	1-1-0-0	1-4-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	4	4	0	0	0	16	10	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Nashville	4	3	0	1	0	13	9	7	2-0-1-0	1-0-0-0	3-0-1-0	L1
d-Colorado	5	3	2	0	0	16	18	6	1-0-0-0	2-2-0-0	3-2-0-0	L1
Detroit	5	3	1	0	1	14	12	7	1-0-0-1	2-1-0-0	3-1-0-1	W1
Chicago	6	3	2	1	0	20	18	7	1-2-0-0	2-0-1-0	3-2-1-0	W2
Los Angeles	4	3	1	0	0	10	6	6	2-0-0-0	1-1-0-0	3-1-0-0	W2
St. Louis	4	2	1	0	1	12	9	5	2-0-0-0	0-1-0-1	2-1-0-1	L2
Vancouver	5	2	2	0	1	12	12	5	2-0-0-1	0-2-0-0	2-2-0-1	W1
Anaheim	6	2	3	0	1	13	23	5	2-0-0-1	0-3-0-0	2-3-0-1	W1
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L2
Columbus	4	2	2	0	0	10	12	4	1-1-0-0	1-1-0-0	2-2-0-0	W1
Calgary	4	2	2	0	0	8	11	4	2-1-0-0	0-1-0-0	2-2-0-0	W1
San Jose	3	1	1	1	0	7	9	3	1-1-0-0	0-0-1-0	1-1-1-0	L2
Minnesota	4	1	2	0	1	10	11	3	1-2-0-0	0-0-0-1	1-2-0-1	L1
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Anaheim 3 Phoenix 2
Vancouver 5 Carolina 1
Saturday's results
Calgary 5 Edmonton 3
Montreal 4 Ottawa 3
Atlanta 4 San Jose 2
Boston 4 New Jersey 1
Chicago 4 Buffalo 3
Dallas 3 St. Louis 2 (SO)
Detroit 2 Phoenix 1 (OT)
Columbus 3 Minnesota 2
Florida 6 Tampa Bay 0
N.Y. Islanders 5 Colorado 2
Pittsburgh 5 Philadelphia 1
Washington 3 Nashville 2 (OT)
Tonight's games
(All times Eastern)
N.Y. Islanders at Toronto, 7 p.m.
Colorado at N.Y. Rangers, 7 p.m.
Ottawa at Pittsburgh, 7 p.m.
Dallas at Tampa Bay, 7:30 p.m.
St. Louis at Chicago, 8:30 p.m.
Tomorrow's games
Boston at Washington, 7 p.m.
Calgary at Nashville, 8 p.m.
Vancouver at Minnesota, 9 p.m.
Carolina at San Jose, 10:30 p.m.

CANUCKS 5, HURRICANES 1

First Period
1. Vancouver, Alberts 1 (Samuelsson, Malhotra) 5:37
2. Vancouver, Raymond 1 (Tambellini, Samuelsson) 9:43 (pp)
Penalties — LaRose Car (interference) 8:11, Ruutu Car (hooking) 12:44, Tambellini Vcr (cross-checking) 14:09, Alberts Vcr (interference) 18:25.
Second Period
3. Vancouver, Samuelsson 1 (Glass, Raymond) 9:38
4. Carolina, O'Sullivan 1 (Ruutu, Corvo) 18:13
Penalties — Kostopoulos Car (interference) 5:48, Samuelsson Vcr (interference) 7:31, Tambellini Vcr (holding) 11:49.
Third Period
4. Vancouver, Raymond 2 (D.Sedin, H.Sedin) 9:29
5. Vancouver, Kesler 1 (Ehrhoff, H.Sedin) 14:10
Penalties — Pitkanen Car (slashing) 9:29, Samuelsson Vcr (hooking) 10:12. Vancouver bench (too many men; served by Desbiens) 11:37, Ruutu Car (hooking) 13:27, LaRose Car, Hansen Vcr (roughing) 19:50.
Shots on goal by

Carolina	10	12	9	31
Vancouver	12	7	14	33

Goal — Carolina: Ward (L,2-2-0); Vancouver: Schneder (W 1-0-0). **Power plays (goals-chances)** — Carolina: 0-6; Vancouver: 2-5. **Attendance** — 18,860 (18,810) at Vancouver.

SCORING LEADERS

	G	A	PT
Hossa, Chi	5	4	9
B.Richards, Dal	2	7	9
Ovechkin, Wash	4	4	8
Getzlaf, Ana	2	6	8
Sharp, Chi	5	2	7

LATE SATURDAY

FLAMES 5, OILERS 3

First Period
1. Edmonton, Hemsky 2 (Whitney, Paajarvi) 5:21
2. Calgary, Tanguay 1 (Stajan) 9:02
Penalties — Jackman Cal (elbowing) 10:34, Staios Cal (tripping) 12:58, Brule Edm (slashing) 14:50, Gilbert Edm (tripping) 16:23.
Second Period
3. Edmonton, Penner 3 (Gagner) 0:22
4. Calgary, Morrison 1 (Stajan, Sarich) 2:57
5. Edmonton, Paajarvi 1 (Fraser, Jones) 4:16
Penalties — Morrison Cal (boarding) 0:35, Eberle Edm (hooking) 16:49.
Third Period
6. Calgary, Hagman 2 (Morrison, Jokinen) 4:29
7. Calgary, Iginla 1 (Tanguay, Giordano) 7:49 (pp)
8. Calgary, Tanguay 2 (Iginla, Stajan) 19:59 (en)
Penalties — Gilbert Edm (interference), Glencross Cal (cross-checking) 5:52, Smid Edm (hooking) 7:14, White Cal (hooking) 12:41.
Shots on goal by

Edmonton	5	15	10	30
Calgary	10	18	18	46

Goal — Edmonton: Khabibulin (L,2-2-0); Calgary: Kiprusoff (W,2-2-0). **Power plays (goals-chances)** — Edmonton: 0-4; Calgary: 1-4. **Attendance** — 19,289 (19,289) at Calgary.

MLB

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES
(BEST-OF-7)
AMERICAN LEAGUE
Texas (W) vs. N.Y. Yankees (WC)
(Series tied 1-1)
Saturday's result
Texas 7 N.Y. Yankees 2
Tonight's game
Texas (Lee 12-9) at N.Y. Yankees (Pettitte 11-3), 8:07 p.m
Tomorrow's game
Texas (Hunter 13-4) at N.Y. Yankees (Burnett 10-15), 8:07 p.m.
Wednesday's game
Texas at N.Y. Yankees, 4:07 p.m.
Friday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
Saturday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
(Series tied 1-1)
Last night's result
Philadelphia 6 San Francisco 1
Saturday's result
San Francisco 4 Philadelphia 3
Tomorrow's game
Philadelphia (Hamels 12-11) at San Francisco (Cain 13-11), 4:19 p.m.
Wednesday's game
Philadelphia at San Francisco, 7:57 p.m.
Thursday's game
x-Philadelphia at San Francisco, 7:57 p.m.
Saturday's game
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.
Sunday's game
x-San Francisco at Philadelphia, 7:57 p.m.

PHILLIES 6, GIANTS 1

San Francisco	ab	r	h	bi	Philadelphia	ab	r	h	bi
ATorrs cf	4	0	0	0	Victorn cf	4	1	2	0
FSnchz 2b	4	0	2	0	Utley 2b	3	2	0	0
A.Huff 1b	4	0	0	0	Polanc 3b	3	1	1	2
Posey c	3	0	0	0	Howard 1b	3	0	2	0
Burrell lf	4	0	0	0	Werth rf	3	1	0	0
C.Ross rf	3	1	1	1	Rollins ss	3	0	2	4
Fontent 3b	2	0	0	0	Ibanez lf	4	0	0	0
SCasill p	0	0	0	0	C.Ruiz c	4	0	0	0
Romo p	0	0	0	0	Oswalt p	3	1	1	0
Ishikaw ph	1	0	1	0	Gload ph	1	0	0	0
Renteri ss	4	0	0	0	Madson p	0	0	0	0
JSnchz p	2	0	0	0					
RRmrz p	0	0	0	0					
Affeldt p	0	0	0	0					
Sandovl 3b	0	0	0	0					
Totals	**31**	**1**	**4**	**1**	**Totals**	**31**	**6**	**8**	**6**
San Francisco					**000 010 000**			**1**	
Philadelphia					**100 010 40x**			**6**	

E—Fontenot (1). LOB—San Francisco 7, Philadelphia 8. 2B—Victorino (1), Howard (2), Rollins (1). HR—C.Ross (3). SB—Utley 2 (2), Polanco (1). S—Victorino. SF—Polanco.

	IP	H	R	ER	BB	SO
San Francisco						
J.Sanchez L,0-1	6	5	3	2	3	7
R.Ramirez	1-3	1	2	2	1	0
Affeldt	1-3	0	1	1	1	1
S.Casilla	1-3	1	0	0	0	0
Romo	1	1	0	0	0	1
Philadelphia						
Oswalt W,1-0	8	3	1	1	3	9
Madson	1	1	0	0	1	1

T—3:01. A—46,099 (43,651) at Philadelphia.

TENNIS

WTA TOUR GENERALI
At Linz, Austria
Singles
Championship
Ana Ivanovic (7), Serbia, def. Patty Schnyder, Switzerland, 6-1, 6-2.

ATP SHANGHAI ROLEX MASTERS
At Shanghai
Singles
Championship
Andy Murray (4), Britain, def. Roger Federer (3), Switzerland, 6-3, 6-2.

TRANSACTIONS

HOCKEY

NHL
CHICAGO BLACKHAWKS—Assigned D Nick Leddy to Rockford (AHL).
ST. LOUIS BLUES—Assigned F Ryan Reaves to Peoria (AHL).
TAMPA BAY LIGHTNING—Reassigned G Jaroslav Janus and F Alex Hutchings from Norfolk (AHL) to Florida (ECHL).
WASHINGTON CAPITALS—Assigned D Brian Fahey to Hershey (AHL).

GOLF

PGA FRYS.COM OPEN
At San Martin, Calif.
Par 71
Final Round

Rocco Mediate, $900,000	64-65-67-73—269
Bo Van Pelt, $440,000	65-69-65-71—270
Alex Prugh, $440,000	69-66-66-69—270
Rickie Fowler, $240,000	69-65-68-69—271
Chris Tidland, $200,000	70-65-68-69—272
Graham DeLaet, $146,071	**68-68-71-67—274**
Will MacKenzie, $146,071	66-68-71-69—274
Kevin Stadler, $146,071	71-67-67-69—274
David Duval, $146,071	68-65-71-70—274
Charles Warren, $146,071	71-65-67-71—274
Ryuji Imada, $146,071	65-67-69-73—274
Tim Clark, $146,071	68-69-66-71—274
Tim Herron, $96,667	67-67-70-71—275
Dean Wilson, $96,667	69-64-70-72—275
Chad Campbell, $96,667	68-70-66-71—275
Kevin Streelman, $82,500	72-67-70-67—276
Fredrik Jacobson, $82,500	70-67-70-69—276
Paul Stankowski, $63,000	74-68-66-69—277
George McNeill, $63,000	69-72-67-69—277
Troy Merritt, $63,000	71-70-65-71—277
Tom Pernice, Jr., $63,000	67-70-69-71—277
Chris Riley, $63,000	67-71-67-72—277
John Mallinger, $63,000	66-69-68-74—277
Justin Leonard, $44,000	69-71-68-70—278
Kevin Chappell, $44,000	71-68-68-71—278
John Ellis, $44,000	70-68-68-72—278
Joe Durant, $37,000	71-71-67-70—279
Jeev Milkha Singh, $37,000	69-70-71-69—279
Paul Goydos, $37,000	65-73-68-73—279
Jonathan Byrd, $32,500	71-67-71-71—280
Jamie Lovemark, $32,500	68-71-71-70—280
Aaron Baddeley, $32,500	70-65-70-75—280
Josh Teater, $27,000	69-71-70-71—281
Tim Petrovic, $27,000	70-70-70-71—281
J.B. Holmes, $27,000	70-68-69-74—281
Shaun Micheel, $27,000	66-69-71-75—281
Chris DiMarco, $27,000	67-70-68-76—281
Cliff Kresge, $21,000	73-66-70-73—282
Woody Austin, $21,000	69-68-71-74—282
Pat Perez, $21,000	73-68-67-74—282
Lee Janzen, $21,000	71-68-71-72—282
Jerry Kelly, $21,000	70-69-72-71—282
Henrik Stenson, $21,000	67-67-80-68—282
Kevin Sutherland, $14,450	71-66-71-75—283
Danny Wax, $14,450	70-71-69-73—283

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	15	11	4	0	477	375	22
x-Hamilton	15	8	7	0	396	369	16
Toronto	15	7	8	0	286	393	14
Winnipeg	15	4	11	0	411	407	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	11	4	0	505	367	22
x-Saskatchewan	15	9	6	0	425	403	18
B.C.	15	5	10	0	384	397	10
Edmonton	15	5	10	0	304	477	10

x — clinched playoff berth
y — clinched division.
Yesterday's results
Calgary 34 Saskatchewan 26
Montreal 22 Winnipeg 19
Saturday's result
Edmonton 31 B.C. 28 (OT)
Friday's result
Hamilton 30 Toronto 3

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	29	14	9	6	36	29	48
x-Columbus	29	13	8	8	37	33	47
Kansas City	29	10	13	6	32	34	36
Chicago	29	8	12	9	33	37	33
New England	29	9	15	5	32	48	32
Toronto FC	29	8	13	8	30	39	32
Philadelphia	29	8	14	7	34	46	31
D.C. United	29	6	19	4	19	44	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-Colorado	29	12	8	9	42	30	45
x-San Jose	28	12	9	7	30	29	43
Houston	29	8	15	6	38	48	30
Chivas USA	28	8	16	4	30	38	28

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Saturday's results
Columbus 2 Toronto FC 2
Colorado 3 Los Angeles 1
D.C. United 0 Chicago 0
Houston 1 San Jose 0
New England 1 Kansas City 0
Philadelphia 2 New York 1
Real Salt Lake 2 FC Dallas 0
Wednesday's game
(All times Eastern)
Chivas USA at San Jose, 10 p.m.

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Chelsea	8	6	1	1	23	2	19
Man City	8	5	2	1	12	5	17
Arsenal	8	4	2	2	18	10	14
Man United	8	3	5	0	18	11	14
Tottenham	8	4	2	2	10	7	14
West Brom	8	3	3	2	11	14	12
Bolton	8	2	5	1	12	12	11
Aston Villa	8	3	2	3	9	12	11
Stoke	8	3	1	4	9	11	10
Blackpool	8	3	1	4	13	18	10
Everton	8	2	3	3	8	7	9
Fulham	8	1	6	1	9	9	9
Wigan	8	2	3	3	6	15	9
Newcastle	8	2	2	4	12	12	8
Sunderland	7	1	5	1	7	7	8
Blackburn	7	2	2	3	7	8	8
Birmingham	8	1	4	3	8	12	7
Liverpool	8	1	3	4	7	13	6
Wolverhampton	8	1	3	4	8	13	6
West Ham	8	1	3	4	6	15	6

Yesterday's results
Everton 2 Liverpool 0
Blackpool 2 Manchester City 3

GERMANY

BUNDESLIGA
Yesterday's results
Hoffenheim 3 Borussia Moenchengladbach 2
Kaiserslautern 0 Eintracht Frankfurt 3

ITALY

SERIE A
Yesterday's results
Bari 0 Lazio 2
Brescia 0 Udinese 1
Cagliari 0 Inter Milan 1
Catania 1 Napoli 1
Cesena 1 Parma 1
Juventus 4 Lecce 0
Palermo 4 Bologna 1
Sampdoria 2 Fiorentina 1

SPAIN

LA LIGA
Yesterday's results
Athletic Bilbao 2 Zaragoza 1
Deportivo La Coruna 0 Osasuna 0
Levante 2 Real Sociedad 1
Mallorca 0 Espanyol 1
Racing Santander 1 Almeria 0
Sporting Gijon 2 Sevilla 0

NFL

WEEK 6

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	4	1	0	.800	154	116
Miami	3	2	0	.600	89	112
Buffalo	0	5	0	.000	87	161

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	4	1	0	.800	114	60
Baltimore	4	2	0	.667	112	95
Cincinnati	2	3	0	.400	100	102
Cleveland	1	5	0	.167	88	125

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	2	0	.600	108	92
Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119
Dallas	1	4	0	.200	102	111

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	2	0	.667	130	101
New Orleans	4	2	0	.667	130	108
Tampa Bay	3	2	0	.600	80	111
Carolina	0	5	0	.000	52	110

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	2	0	.667	112	97
Green Bay	3	3	0	.500	139	112
Minnesota	2	3	0	.400	87	88
Detroit	1	5	0	.167	146	140

WEST

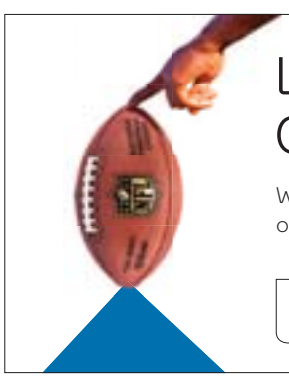
	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	3	2	0	.600	98	97
St. Louis	3	3	0	.500	103	113
San Francisco	1	5	0	.167	93	139

Byes: Arizona, Buffalo, Carolina, Cincinnati
Yesterday's results
Houston 35 Kansas City 31
Indianapolis 27 Washington 24
Miami 23 Green Bay 20 (OT)
Minnesota 24 Dallas 21
New England 23 Baltimore 20 (OT)
New Orleans 31 Tampa Bay 6
N.Y. Giants 28 Detroit 20
N.Y. Jets 24 Denver 20e
Philadelphia 31 Atlanta 17
Pittsburgh 28 Cleveland 10
San Francisco 17 Oakland 9
Seattle 23 Chicago 20
St. Louis 20 San Diego 17
Tonight's game
Tennessee at Jacksonville, 8:30 p.m.

NBA

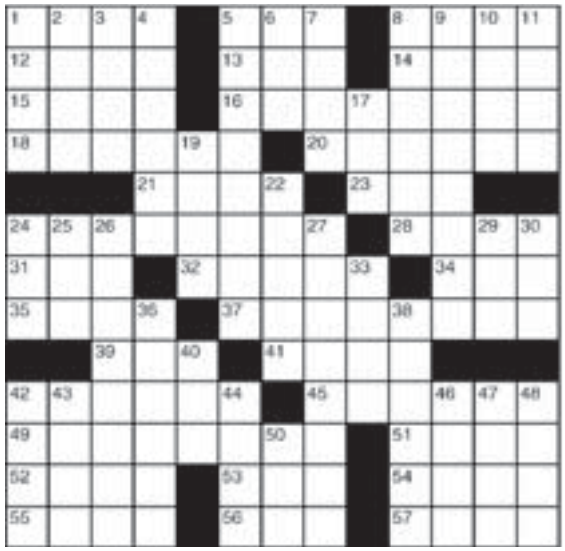
PRE-SEASON

Yesterday's results
Toronto 121 Phoenix 100
New York 92 Washington 90
Denver 108 L.A. Clippers 104
Utah at L.A. Lakers
At Sioux Falls, S.D.
Minnesota 114 Milwaukee 109
Tonight's games
(All times Eastern)
Orlando at Atlanta, 7 p.m.
Charlotte at Miami, 7:30 p.m.
New Orleans at Memphis, 8 p.m.
Oklahoma City at San Antonio, 8:30 p.m.
Portland at Golden State, 10:30 p.m.


Live NFL games.
Only on Canada's best network.[1]
Watch live games on your phone, including Playoffs and Super Bowl XLV, only on Bell. Visit bell.ca/mobileNFL.

MOBILE TV SPORTS
$5/MO. for 10 hours/mo. All data fees included[2]
Proud sponsor
NFL
NFL PLAYERS
Bell
Offer ends December 31, 2010. Available with compatible devices within network coverage areas available from Bell Mobility. Subject to change without notice. Taxes extra. Other conditions apply. (1) Based on comparison of national networks: (a) fastest network, according to tests of average upload and download speeds in large urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) fewest call failures based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) Available in addition to a Bell Mobility post-paid plan. 10 hours/month; $1/hr thereafter. Sports content available for the current season, subject to change and black-out periods may apply. Limited content with certain devices, while roaming and during off season. Roaming charges (including foreign taxes) may apply outside your local area. Data charges may apply with CDMA BlackBerry smartphones. See bell.ca/mobiletv. © 2010 NFL International LLC. All NFL-related trademarks are trademarks of the National Football League.

Crossword



Across

1 Metric measure
5 Pouch
8 Portent
12 Old Italian money
13 Mentalist Geller
14 Inlet
15 Secondhand
16 Wrist adornment
18 Member of the service?
20 Former Houston squad
21 Awestruck
23 Homer's interjection
24 Tract
28 Fork feature
31 Literary collection
32 Fully filled
34 Meadow
35 Youngster
37 Seven-line verse
39 Id counterpart
41 Round bread of India
42 Parka
45 Some hosiery
49 Bedspread
51 "American —"
52 Hastens
53 Guitar's kin
54 Mediocre
55 Blunders
56 Club —
57 Genealogy chart

Down

1 Oversupply
2 Obey reveille
3 Vicinity
4 Wild and crazy
5 Just outside the Arctic Circle
6 Schedule abbr.
7 "Bye!"
8 Spotted wildcat
9 Potential mountain?
10 Always
11 Trawler gear
17 Spanish hero, with "El"
19 Grunting sounds
22 Board
24 Greet Fido
25 Whatever amount
26 "What Not to Wear" specialty
27 Occupied
29 Born
30 Chow down
33 Crucial time
36 Exit
38 Sign up
40 Rowing tool
42 Rue the run
43 Bleak, as a film
44 Supermodel Heidi
46 Smell ...
47 ... and its detector
48 — gin fizz
50 — out a living

▶ Yesterday's answer

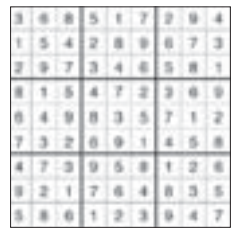
Sudoku

	2	9	4		8			5
	4	6						3
5			9					
1	6				9			
	8	3				9	2	
			2				8	6
					7			9
8						7	3	
6			5		3	2	1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my partner in crime, you are the only one for me. I love you soooo much! xoxo
YOUR LITTLE BANDIT

Isha, I enjoyed talking with you and hope we can talk more and enjoy some time together. You have a great laugh and love of Life! You put a Smile on my face and in my heart!
HUGS :-) PAUL

My Turun Turun:) I love you! I love you! I love you! I love you! I love you! I love you! Forever and ever! Snuvvy thuvvy ! **YOUR OTHER TURUN TURUN!!!**

Michael, Happy Anniversary! Can you believe we really started with a hard boiled egg?! We've made so many memories together, and I can't wait to see what the future brings us. I love you all the way to Snugglebunnyville and back! **JENNA**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Be careful what you agree to today because nothing is quite what it seems. The more someone tries to persuade you that their plan is foolproof the more suspicious you should be.

♉ Taurus April 21-May 21 Your imagination will be working overtime today, but in a good way. For best results, focus only on positive thoughts

♊ Gemini May 22-June 21 Mercury, your ruler, will give you some great new ideas but don't be too eager to follow them up quickly because there are changes in the air and your aims may change too over the next few days.

♋ Cancer June 22-July 22 No doubt you have been running around doing good deeds for other people, but what have you done for yourself?

♌ Leo July 23-Aug.23 Cosmic activity in the area of your chart that governs the mind will fill your head with all sorts of outrageous ideas and one of those ideas could be worth a lot of money

♍ Virgo Aug. 24- Sept. 22 Some people are masters of deception – you are a master of self-deception. Bear that thought in mind today if you find yourself coming up with reasons why something you want cannot be done.

♎ Libra Sept. 23-Oct. 23 The signals you are getting from other people may be confusing but don't worry about it.

♏ Scorpio Oct. 24-Nov. 22 . You must be completely honest today. If you tell only half the story or if you bend the facts to make yourself look good you will actually lose out in the long-term.

♐ Sagittarius Nov. 23-Dec. 21 Common sense will be at a premium today, so don't get carried away and do something silly.

♑ Capricorn Dec. 22-Jan. 20 It's not often you lose your sense of direction but you seem to be having second thoughts about so many things at the moment. Don't worry about it. Mind planet Mercury will clarify the situation later in the week.

♒ Aquarius Jan. 21-Feb. 18 Something you see or hear today will go a long way towards restoring your faith in human nature. It seems there are still some nice people in the world.

♓ Pisces Feb. 19-March 20 You may not be aware of it yet but one of the best times of the year is about to begin. With both the Sun and Mercury moving in your favor this week all the hard work you have put in is about to pay off.
SALLY BROMPTON

SARCHAI LALIT/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ITSUO INOUYE/THE ASSOCIATED PRESS

FLIGHT CENTRE Unbeatable
Los Cabos
7 Nights 4.5-Star All-inclusive
from $590
+ taxes & fees $273
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package price is per person, based on double occupancy for total length of stay. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

MINI.CA
EVERY NEW 2010 MINI COMES WITH A NEW IPAD AND MORE.
NO-CHARGE SCHEDULED MAINTENANCE
If you buy or lease a 2010 MINI in October, you'll get a new iPad on us! And as if that wasn't enough, we'll also waive your first month's payment and give you no-charge scheduled maintenance for 3 years or 50,000 km†. So if you want to get the most we've ever given away with your new MINI, hurry in to your local MINI Retailer for details.
STARTING FROM $299/MONTH* FOR MINI COOPER CLASSIC
MINI RICHMOND TEL: 604-233-0700 MINIrichmond.ca
MINI YALETOWN TEL: 604-899-MINI (6464) Yaletown.MINI.ca
*Lease and finance rates are those offered by MINI Financial Services Canada only on approved credit (OAC). Offer is for a 16 GB Wi-Fi iPad with the purchase of any 2010 MINI and is only valid at participating MINI Retailers. Lease example: MSRP for a 2010 MINI Cooper Classic with 6-speed manual transmission is $22,800; at a lease rate of 2.9% APR and a term of 39 months, the monthly lease payment is $296.56. A $500 down payment is required with a $250 Retailer discount. The first month's lease payment, security deposit, a personal property security registration charge (up to $90), and all taxes are extra and required upon lease signing. Transport and preparation charge of $1,895 and Retailer administration charges (if any) are additional. With the first month's lease payment waived, the total obligation is $13,664.28, plus tax. Additional options, taxes, and insurance are extra. The residual value of the vehicle at end of term is $12,084. Annual kilometres limited to 20,000; $0.15 per excess kilometre. Excess wear-and-use charges may apply. Delivery must be taken by November 1, 2010. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. †MINI Service Inclusive No-Charge Scheduled Maintenance is valid for 3 years or 50,000 km (whichever is reached first). This is an exclusive product offered by MINI Canada. Offer is applicable to 2010 models only, and is valid until October 31, 2010. The customer acquires the vehicle-related right to have the service work on the vehicle performed within the agreed period of validity starting from the vehicle's registration date or until the agreed mileage is reached (whichever reached first applies) by the selling dealer or any participating MINI Service–authorized workshop. Services provided by MINI Roadside Assistance, statutory warranty claims, as well as exclusions of warranty claims as stated in the conditions of sale for new vehicles will remain unaffected. Offer is subject to availability and may be cancelled or changed without notice. © 2010 "MINI", the MINI logo, MINI model designations, and all other MINI related marks, images, and symbols are the exclusive properties and/or trademarks of BMW AG, used under licence.

VCC INFO NIGHT

140 programs. One night.
Everything you need to know.

OCTOBER 20
4 PM to 6 PM

BROADWAY CAMPUS
1155 East Broadway

More info:
vcc.ca

Vancouver Community College